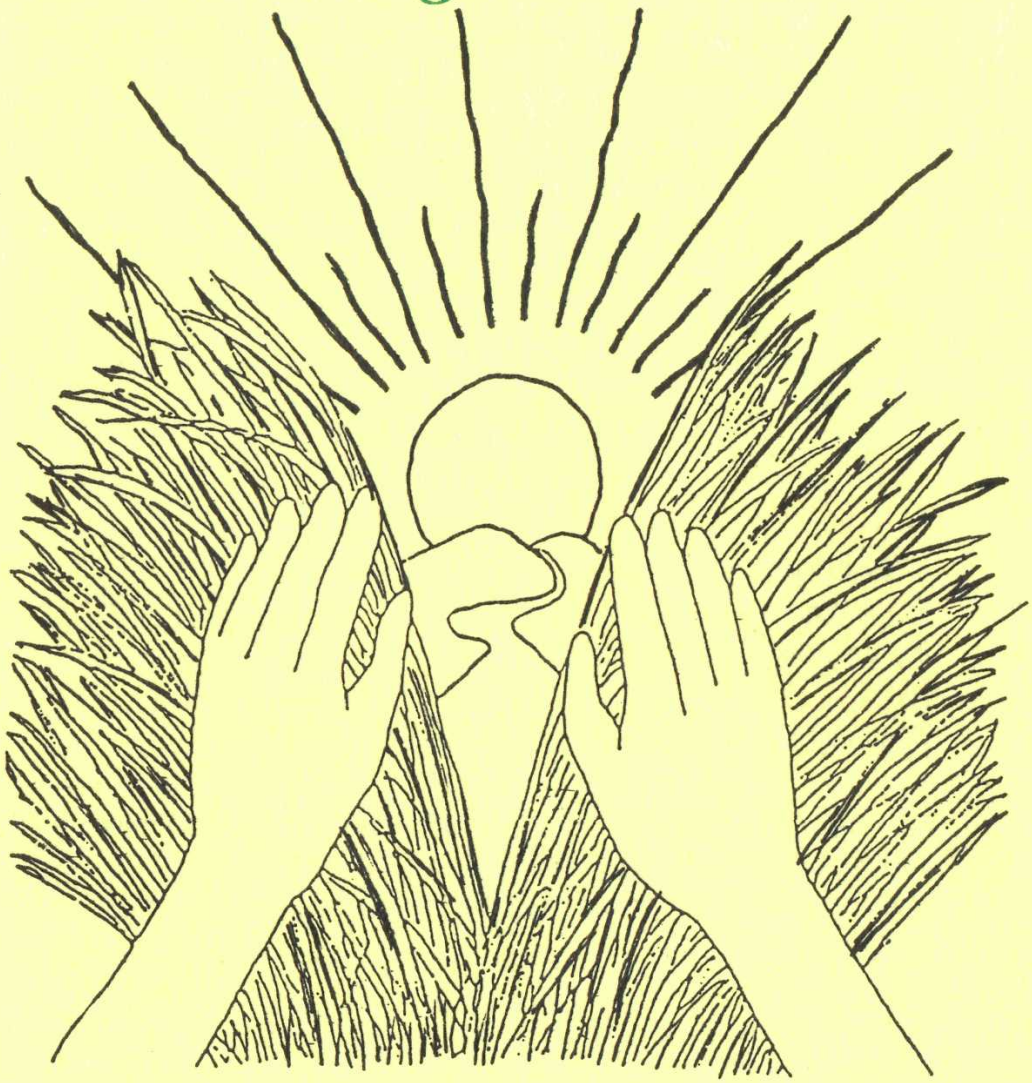
OVERCOMING AIDS

and other "Incurable Diseases"

The Attunitive Way

Through Nature



Tuning Into Nature's Healing Power Within Ourselves

Ann Wigmore, D.D., N.D.

I dedicate this book to those individuals who have been told nothing can be done for them, and they must prepare to leave their bodies. I want them to know there is a way to restore health, if they turn back to Nature.

The publisher does not advocate the use of any particular diet and exercise program, but believes the information presented in this book should be available to the public.

Because there is always some risk involved, the author is not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations or procedures in this book. Please do not use the book if you are unwilling to assume the risk. Feel free to consult a physician or other qualified health professional. It is a sign of wisdom, not cowardice, to seek a second or third opinion.

Edited by Barry Harris
Illustrated by Linda Deming
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GREETINGS:

I am confident the information, facts, and ideas you will find within the pages of my book, you will find very helpful. It should be helpful to the general public, curious and concerned about what they must do to prevent becoming a victim to many of the new modern plagues that are on the rise in our society, such as AIDS, candida, increasing sensitivy to allergies, widespread digestive disorders, hypoglycemia, and epilepsy. It will be an important book for medical professionals who are being beseiged by their patients for some kind of help, with the diseases which drain them of their life vitality, and often their very life itself. And finally it should provide emergency assistance, to those who are already victims themselves, giving them the inspiration and knowledge, to understand and feel confident about which direction to take, with or without the help of their doctor.

Because of the emergency conditions, resulting from the rapidly increasing terror and devestation being wrought by this disease known as AIDS, I felt the top priority was to bring this book out as soon as possible. I had only a few months, between my tours in order to assemble all the information, and fashion it into the book you now hold in your hands. Thus I was under a lot of pressure. Unfortunately, the pressure was increased because, the two word processors who were helping me put the book together , were new to the advanced word processing tasks, involved in making a manuscript presentable for publication.

As a result, there was insufficient time before my next tour, to do the final editing. Nevertheless, I felt at this particular crisis time, it was more important to get the book out onto the shelves, then that it would be totally error free with regard to grammar and spelling. I hope you will find the book so informative and inspirational, that you will make allowances for me and forgive the fact we didn't have time to do a final editing.

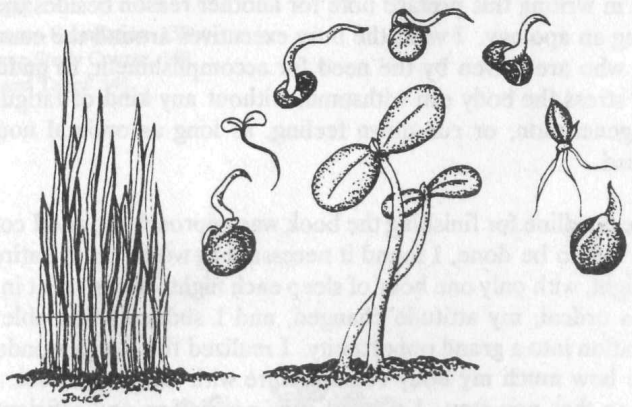
But, I'm writing this preface note for another reason besides the purpose of making an apology. I want the busy executives around the country, and all those who are driven by the need for accomplishment, to understand how much stress the body can withstand, without any kind of fatigue, or upset, or degeneration, or run-down feeling, as long as optimal nourishment is supplied.

As the deadline for finishing the book was approaching, and I could see that much left to be done, I found it necessary to work for an entire week, day and night, with only one hour of sleep each night. Some point in the middle of this ordeal, my attitude changed, and I suddenly was able to turn my frustration into a grand opportunity. I realized this was a wonderful chance to see how much my body could endure with the proper fuel. Since I was working that non-stop, I needed very nourishing and efficient fuel every

four hours. Generall I chose a light snack, such as blending apples with avocado, or blending prunes with greens from my indoor garden, or figs with sprouts, etc. It was always very simple, one or two things together, but generally in a drink form because it was thereby the most easily assimilated, and I could continue working while I was drinking it down.

And when I got through with this ordeal, I observed how I was feeling, and I observed my mind's reactions and my body's reactions. The first thing I noticed, was that I was able to give a several hour intensive that had been scheduled for that day, without any problem whatsoever. There was no nervousness, no fatigue, no aches or pains. Nothing. I was able to remember way back, when I used to have to work around the clock even only for a day or two, and I recalled that in comparison, I would be totally exhausted, and would have to sleep the whole next day. And I remember I would be nervous, and unhappy, and feeling stressful, being a workaholic, because my accomplishment was not so satisfactory. But this time there was absolutely no difference, I retained the same alert mental state, and emotional balance, provided by the Live Food diet, as when I'm on my normal schedule. This was a very important discovery for me. The Creator seems to always work in mysterious ways to turn seeming setbacks into new opportunities, as in this case.

I hope therefore, you will accept my efforts, and remember that my books are all reprinted, sometimes having as many as fifteen editions, and each reprint they are slightly improved. I now wish to share with you what I have learned from the school of life.



INTRODUCTION TO AIDS BOOK:

One of the most persistent messages clamoring for our attention in these troubled times is that we have abandoned Mother Nature and will pay the price for our folly. Living in environments that are out of touch with her rhythms, we have forgotten that the earth in its natural state has a tremendous capacity to nurture us and heal us. Also, we have forgotten that the Creator has already provided the natural means to regain our physical, emotional, and mental balance once we come to our senses and stop ignoring Mother Nature's laws.

Ann Wigmore's message and the example that she has set with her life will take front and center focus, in those rare moments we quiet our minds and open our hearts, and thereby regain some sensitivity to the disastrous consequences of trying to go it on our own, without Mother Nature's guidance. Ann is well qualified for her mission for her work totally exemplifies Mother Nature's methods, and the nurturing she has provided for the many sick and ailing she has helped, mirrors the nurturing of Mother Nature herself.

Why does Dr. Ann see the obvious, while so many of us try to convince ourselves, for our own comfort and convenience, that modern technology can preserve our health, and atone for our lifestyle sins. Her personal experience has been the fertile soil responsible for the growth of her insightful vision. Her unique background, first planted the seed. In her early childhood she served an apprenticeship to her grandmother, who was well-known in her Lithuanian community as a natural healer. Even before she was a teenager she had observed firsthand the curative powers of the herbs, grasses and plants, her grandmother prescribed for those who had arrived on her doorstep, often after the doctors in the village had already given them up as a lost cause.

Her apprenticeship was unfortunately disrupted in her early teens, by the turmoil of The Great War, and she came as a refugee, with the rest of her family, to America. Uprooted from a soil conducive to an awareness of Nature's ways, and separated from the wisdom of her grandmother, she soon forgot the lessons she had learned, and turned to a typically indulgent, and stressful cosmopolitan life in Middleboro, MA.

Providence, however, was determined that the power of natural healing would be sufficiently imprinted on her consciousness, such that she could resist the influence of even the most unnatural and self-destructive of environments. Providence, watching over her eventual mission was determined she should never forget the lessons of her childhood. Thus, Dr. Ann, at the age of eighteen was in a terrible accident, in which both her legs were

crushed, when her horse bolted, and she fell beneath the wheels of her wagon. Gangrene set in, and the doctors said the only hope was amputation. And now let us hear about Dr. Ann's inspirational faith in nature in her own words, taken from her moving autobiography, WHY SUFFER: "There were hurried conferences with my father. He finally had my mother come to the hospital to break the news that both my legs would have to be amputated below the knees or I would surely die. I had expected this. I had seen many gangrene sufferers among the wounded German and Russian soldiers who were billeted temporarily in my grandmother's house in Europe. I knew the consequences of this terrible condition when neglected, but I had also witnessed recoveries brought about by the care of my grandmother when she was able to provide her own methods of relief, rather than those of the medical doctors.....A new faith seemed to well up from within, and while I watched the creeping death - as my uncle sorrowfully called it - inching up both my legs, I felt I was not going to die. The spirit of my grandmother seemed ever at my side, counselling me not to despair." The epilogue to this tale, is that Dr. Ann ate everything green she could find, every medicinal plant and herb and grass she remembered were part of her grandmother's apothecary; she prayed and meditated constantly; and she spent long hours exposing her legs to the healing energies of the life-giving sun, and now approaching eighty years of age, she is unlike many of her arthritic peers who need a third leg (ie a cane) for support, and she is able to get around on two firm, healthy legs, with the agility of someone half her age.

Nature obviously felt, however, she had not yet gone through the metamorphosis necessary to make her ripe for her mission, and more lessons were still in order. Thus as a result of many overwhelming personal tragedies, which are all documented in her autobiography, she found herself under constant stress, quite demoralized, and often tempted to return to the self-destructive indulgences so available in our society. In her early fifties, she contracted colon cancer, as a consequence of her irresponsibility. Prior to the diagnosis, she had been engaged in an ongoing spiritual struggle, and the powerful lessons she learned from her sickness, were now the final ingredient she needed for the conviction and fortitude and courage required by her now obvious mission. Again she returned to the Biblical injunction, "And every herb-bearing seed and fruit of the tree, shall be for you as meat," and again, she was shown the path to life, and again she was given the responsibility to choose between life and death, which was in effect, the choice to choose between living in accordance with the truths of nature, or the untruths of modern misguided man. And thus was born the living foods lifestyle.

The persistence, honesty, and courage it took for her to allow Nature to restore her to wholeness, is the same persistence, honesty and courage, that

was applied to her experimental studies and meticulous observations of the effects of living foods on the human organism. In 1963, she opened the Hippocrates Health Institute, and the compassion she has shown over the years to the many guests, who came to regain their health, is the same compassion she first found it was necessary to give herself, in the process of overcoming her own sickness. Recently, I, was added to the long list of those who have been privileged to be a recipient of her healing touch. I can emphatically say that when I left after my two weeks stay at her center, I was experiencing a mental clarity, unlike anything I had known for years; I realized I had never even begun to appreciate the amount of energy that good health can make possible for more productivity and enjoyment of life; and I was experiencing an emotional balance, and state of serenity, that led me to question all my previous assumptions about the true sources of happiness.

We pride ourselves on being an empirical society; that is we learn by the cold hard facts of observation, rather than the dreamy unreliable emotionality of our feelings. This is why we have turned the scientific method into a modern day idol, and worship at its feet. Yet, what do we mean by empiricism, or learning by experience; do we mean the detached scientific observations only or primarily of what's going on in a test-tube or a particle accelerator, or do we also mean the kind of experience which is life experience, and only comes from the development of a strong character which results in the openness and honesty to learn the lessons taught to us by our difficulties and adversity? Dr. Ann like the typical detached scientist, has also performed experiments, but the results of her experiments have been applied directly to her life, and they have transformed her, and changed her vision to be much more holistic and encompassing of all aspects of what it means to be really healthy, and fully human, than that of the so-called detached objective scientific observer.

With the rampant degeneration, taking place at all levels, in our present age, can we afford not to listen to a woman who has traveled the path which leads to the timeless universal truths; the truths of Nature, which have caused the earth to bloom, and be fertile, throughout the centuries. With so much at stake, each of us must for ourselves, put the timeless truths of Nature, on one side of the scales, with the artificial truths concocted, by man's limited intelligence, on the other and come to our own conclusions.

There has been recently a new recognition even from the fragmented perspective of modern medical science, that Nature has known best, all along. We are referring to the recent discovery,that most degenerative disease accompanies a general ineffectiveness in the functioning of the immune

system, and a corresponding decrease in immunity. Nature's ways, as exemplified by the living food lifestyle devised by Dr. Ann Wigmore, in all cases achieve their miraculous results by enhancing and repairing the function of the immune system. With the increase of degenerative diseases as well as new diseases such as AIDS now prevalent in our country, it would seem that a society that cared anything at all about its own survival, would welcome any perspective or methods, which had been shown to increase the natural immunity of the human organism. Our society has long been waiting for the wisdom that Dr. Ann has to share.

With much concern and hope,
Wally, Burnstein, M.D.

Dr. Datey stated:

All my efforts have been directed toward the investigation of other methods, but I have found no permanent solution, especially to the dreaded heart disease. I therefore made up my mind to give these people and their physicians the opportunity to experience the living food, and, to my astonishment, rapid results took place, beyond my expectations. People who had not responded to medical treatments immediately responded to Dr. Wigmore's living food program.

Every hospital should be given the chance to choose the alternative of living food nourishment. It is my hope that doctors will seek out nature's way, to allow the body to have the means for self-healing."

HOW THE SCIENTIFIC RESEARCH PROGRAM ON LIVING FOODS TOOK PLACE AT THE BOMBAY HOSPITAL.

It was arranged that 50 indoor patients of the late Dr. Datey, a cardiologist, would be the subjects of a one month live food study, which would include a complete scientific evaluation. This project was carried out in order that the healing powers of living food could be responsibly and scientifically determined. Among the patients, there were severe cases which had not responded to any kinds of drug treatments. The experiment had great results; all of these 50 patients were able to go home in a healthy state in one month.

This pretty much concludes the majority of projects we have carried out for Dr. Ann Wigmore. It is my conviction that healing is still more of an art than a science. Ann Wigmore has the background, conviction, and talents to carry out her healing program successfully. I am pleased that I could add my small talents to help her along her chosen path.

Nutrition and the Immune System
by Laurence E. Badgley, M.D.

"The IMMUNE SYSTEM, "IS", goes into action the minute we are born and never stops until we die. Every moment it is on guard protecting our bodies from invaders - fungi, bacteria, viruses, parasites and our own cells which have gone astray, i.e. cancers. Our bodies are probably developing cancer cells on a regular basis. A strong IS locates and destroys these cells before they get out of control.

How does the IS conduct its guard duties? White blood cells are the mobile cells which gobble up invaders. B-cells are found in lymph nodes and the spleen and produce antibodies which coat invaders and neutralize them. Lymph glands and the liver strain and detoxify blood and tissue juices. The thymus gland produces hormones, which regulate the IS and mature white blood cells into active fighters. A strong IS results from proper habits and nutrition.

For 5000 years, Indian Physicians have known that proper nutrition fortifies against disease. Over the last 50 years, more than 1000 scientific papers have been published which shows the relationship of nutrition to the IS. It has been firmly established that certain natural food chemicals, like beta-carotene, Vitamin A, B-6, folic acid, Vitamin E, selenium, and Vitamin C all function to keep the IS strong. Unfortunately, this knowledge is not emphasized in medical schools and most practicing physicians do not take advantage of these concepts in treating their patients. These substances are natural and not able to be patented. As such, the production of these substances is not as profitable as the production of patentable synthetic drugs. So much money is generated from synthetic drug sales that as a group, the drug companies in promoting their products, expend thousands of dollars yearly for each doctor in the U.S.

As we age, the IS weakens. This might not necessilary occur if nutrition is optimal. Cancer increases in older people and 1 out of 4 Americans will get this disease. Cancer tissue has overactive genetic material, which is able to be prevented by folic acid. Vitamin A has been shown to protect the linings of the body from cancer. 15-35% of older people are malnourished as the result of eating the "standard American diet" (SAD) which is weak in essential vitamins and minerals and too heavily ladened with sugar and fat. Among senior citizens, diminished taste and appetitie can result from synthetic drug use, which is common in 1 out of 4 elderly.

Allergies are thought to be the result of a weak immune system and improper nutrition. The free radical system (see below) must be strong if al-

lergic reactions are to be avoided. Alcohol and non-steroidal anti-inflammatory drugs have been shown to cause a leaky intestinal wall such that large undigested food molecules can enter the blood stream. The IS reacts against these invaders and allergic symptoms result. It is interesting to note that cortisone preparations, which are commonly prescribed for allergies, are suppressors of the IS.

Proper nutrition protects the IS from free radical damage. One of the most exciting theories in medicine today, is the free radical theory of disease. As oxygen is used in the body, certain high energy by-products are naturally produced, and can damage body tissues if they aren't neutralized within seconds. Many of the vitamins like B-6, C, E, A, and niacinamind have the critical job of mopping up free radicals and cooling them off. Tissues which are depleted of vitamins experience free radical damage, and a weakened IS, allergies, and cancer, can be the result.

Viral diseases, like herpes and acquired immune deficiency syndrome (AIDS) are becoming epidemic. A theory which fits the data is that these infections: 1) take hold in persons whose IS has already weakened them, 2) the infections weaken the IS, which, 3) allows parasites to invade the intestine and cause improper absorption of key nutrients which 4) further weakens the IS. A vicious cycle is set up, which might be broken by proper nutrition applied at steps 1 and 3. Indeed, in Africa and Haiti, AIDS is rampant among the nutritionally malnourished and afflicts one female for every 2.5 infected males."

Dennis Weaver says the secret is meditation and live food diet.:

Dennis Weaver, commandant of CBS-TV's new Emerald Point N.A.S., says that live food has helped to make him fitter at 58 than he was at 20. Weaver also believes that mental attitude has a profound impact on overall health.

"If I am ever depressed or angry, or resentful in my mind, toward somebody or something, I really feel that it manifests itself negatively on my body and life," he explains.

Beloved Ann:

Because of the incredible healing I have experienced by following your Living Food Program, I feel compelled to write a testimonial in the hope that it will be of help to the people who are suffering with the same things I was suffering from; candida and allergies.

I am an actress/singer/dancer/writer who started getting ill about seven years ago. It was subtle - hoarse throats, fatigue, shortness of breath, and depression/anxiety. I had a very healthy diet and didn't drink alcohol or do any kind of drugs...therefore the doctors were completely stymied...could not find a thing wrong with me and said it was all psychosomatic.

In November, 1983 I collapsed completely and could not leave the house. My multiple allergies were making my life almost unbearable. I went to homeopathic M.D.s, used detoxbody methods, acupuncture, rolfing, healers, psychotheraphy, nutritionists, and others...to no permanent avail. And then I found out by accident that I had a fungus in my system called Candida Albicans. Fortunately for me, I read an article about it. By that time I had had it for 39 years and it had become systemic...attacking my ovaries, adrenal glands, liver, colon...plus making me unable to digest anything and giving me severe sinus problems...not to mention the depression, mood swings and anxiety attacks that would cause me to shake and sob unreasonably.

It has now been about 2 1/2 months since going on live foods. My voice is almost all the way back to normal. I take no medicine, drink two ounces of wheatgrass twice a day and give myself implants when I feel I need them and stick to living foods. I eat fermented nuts and seeds and do not experience the craving for anything that Candida Albicans is so famous for causing. My body is back to dancing, and I am back to writing and working long hours, feeling a sense of joy and creativity that I thought I had lost ten years ago forever.

With much love
Udana Power

Dear Blessed Ones,

This book is dedicated to those of you who want to improve the quality of your life, and especially to those who have been diagnosed as having AIDS or a so called "incurable dis-ease."

I will start right off by saying that it grieves my heart as I hear that you have been told not to seek help in other directions and you have been told there is no "cure" or "no way out." You are warned of "false hope" and you are told to resign yourself and accept your condition. Before you dare to allow your weakness to overtake you be assured, *it is no accident that you are reading this book now.* I wish to present the lessons I have learned from my life experience of the past 30 years, in the hope that what I have to share will also be of benefit to you.

Twice I was labeled a "hopeless cause." Once at a very early age I had an accident in which gangrene set in, and I was told that my legs would have to be amputated above the ankles. Not willing to accept this, I refused their prognosis, and after taking responsibility for my own treatment, I soon discovered the healing effect of the chlorophyll found in grasses and greens. I began experimenting with ways and methods of growing, preparing and extracting the juice from these greens and eventually developed what is known today as wheatgrass therapy. Within a short time my legs healed completely. Later on in life I was diagnosed as having cancer of the colon, and once again not willing to give in to being a victim, I decided that I would do whatever it took to overcome this weakness. When I was told that I did not have long to live, I became serious about changing my lifestyle. I stopped eating cooked food and began to grow my own wheatgrass indoors. I also discovered sprouting. This beneficial health practice, we owe to a little monkey without teeth. She could not swallow the seeds I was feeding her so I put them between two wet towels to soften them. To my amazement, I discovered that this caused the seed to sprout and have been sprouting ever since. Further along in this book you will find charts which attest to the nutritional value that has been found in sprouts.

I have so much to share with you, I have written over twenty books. If you want to read more about how I came to discover using living foods to overcome my many weaknesses you may do so by reading my autobiography "Why Suffer."

This book is written especially for those of you out there who are not willing to give in to your sickness. I have been helping people with degenerative diseases help themselves for over thirty years. In 1963 I founded the first wholistic center dedicated to the education of living foods as a way to total health. I have observed thousands of people overcome diseases such as cancer, diabetes, hypoglycemia, allergies, hardening of the arteries and the list

goes on and on.

I have discovered that *toxemia and deficiency* are the root causes of all disease. *I personally do not believe that AIDS is incurable*;for my personal experience and research have shown me nothing is incurable. It is part of my mission to make this information available to everyone who, like myself, has been told they were going to die and there is nothing they can do about it. I am 77 years old, and was told at age 50 that I had a few years at the most left to live.

Toxemia - is a term used to describe poisons that are stored in the body. Toxins are formed from eating impure or un-natural processed and chemicalized foods. I will tell you how you can release these stored poisons as you read further along in this book. *Once the body eliminates stored poisons that have accumulated in the bloodstream the cells are able to receive nourishment thus enabling the immune system to strengthen and rebuild.*

Deficiency - means that our bodies have not received proper nourishment. Due to the types and amounts of foods or other unclean substances we have put into our bodies the digestive track has been overloaded. Eighty percent of the population have deficiency disorders because of their body's inability to digest food. This is why I have developed methods of juicing, sprouting, fermenting and light blending of living foods for the ultimate form of nourishment.

Easy-to-digest nourishment is the major key factor in restoring and strengthening a weakened immune system. Foods prepared in easy-to-digest form allow the cells to fully absorb the *life force energy* produced by the *enzymes* in living foods.

The living food lifestyle is a total way of being to which I have dedicated my life. What a marvelous opportunity you now have to open yourself up to the knowledge that within you lies the healing power to overcome any weakness. My books "Be Your Own Doctor" and "The Healing Power Within" also attest to this."

I want to give you a clear definition of *living food*. Living food is food provided by nature in it's original uncooked state. It provides the body with optimal life giving nourishment needed to strengthen the immune system.

I am very grateful for the opportunity to share my discoveries with you. As you come to understand and experience your bodies ability to heal itself it will be much easier for you to make the conscious choice and efforts required for a life of abundance and total well-being.

AIDS is a degenerative disease; this weakness is a breakdown of the immune system. As you cleanse your body and eliminate poisons by stopping the intake of toxins, it is also necessary that you are feeding your body life giving nourishment in easy-to-digest form. This will create a healthy environment and will eliminate the weakness or disease.

The Journal of the American Medical Association suggests using food as prevention, but unfortunately, the researchers have not witnessed the great ability the body has to actually heal itself, when foods are easy to digest, organically grown and not cooked. Cooking eliminates most of the potential health benefits and assets from food.

Over 80% of our populace now have digestive problems. Allergies and infections are causing these conditions, and new problems are appearing daily, especially Candida Albicans, which is nothing more than a digestive disturbance.

When disease or infection tries to invade your body, how strong are the cells of your immune system, to fight it? How can the cells of a weakened immune system deal with the pollutants from drugs. Too much cooked food is one of the many hazards we are now experiencing, yet we can be perfectly healthy if we take care of our bodily needs with uncooked naturally grown foods.

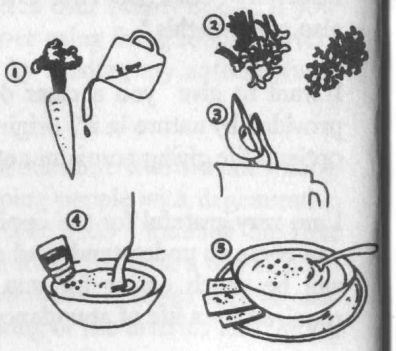
To date my most important discovery is what I call "Energy Soup." This soup is filled with *live* enzymes, vitamins and mineral packed nutrients. It is a *complete meal*. Sprouts (which you can grow indoors simply and inexpensively - as demonstrated in this book) are the main ingredient of energy soup and are *biogenic - alive - and capable of transferring their life energy to your body.*

The recipe for energy soup is as follows: Preparation time, after the sprouting method has been completed (it takes only 3 days to grow sprouts) is about 3-4 minutes.

COMPLETE ENERGY MEAL SOUP

Ingredients you will need:

1 Apple (in summer use watermellon, inclu
the rind)
1 cup of rejuvelac, add dulse
Blend together, then
add: Large handful of sprouts and greens
1/2 avocado
Blend again until smooth
(Please, do not overblend)



Yes, life and survival is what we are really talking about. I have witnessed thousands of people help themselves as I mentioned earlier. Their improvement depended on the degree to which they were willing to apply the basic fundamental tools and take the *self responsibility* needed to heal, strengthen and rebuild their immune systems and cells thus creating harmonious balance between body, mind and spirit.

WHY PROPER DIGESTION IS SO IMPORTANT

Scientists and medical doctors are beginning to recognize the extent to which poor digestion is a major contributing factor in many disease conditions. Circulatory problems due to gas pressure on the heart can be fatal. Thousands of people suffer from liver, gall bladder, and colon ailments caused by indigestion. About 80% of our population is suffering in one way or another due to their body's failure to easily assimilate nutrition and effectively eliminate waste. And their health problems are often compounded because inefficient assimilation and inefficient elimination often accompany each other.

Once we look at our present day food practices, it is not difficult to understand the tragic amount of physical and emotional degeneration so prevalent in our society, all primarily due to poor digestion, and thus inefficient assimilation and elimination. Nowadays, the majority of nutrients are missing from the foods we eat, and we eat to the point of exhaustion, overstuffing ourselves with dead foods in incompatible combinations. Fortunately, awareness of the importance of "nourishing food" is slowly returning and people are learning to become their own doctors in order to regain their health. Eventually the use of living food will eliminate 90% of the physical and mental illness which stems from bad digestion.

Body cells can only benourished and rebuilt by blood containing nutrients from food that is digested properly, and thus it is every individual's responsibility to create the ideal conditions for digestion. These ideal conditions are: (1) eating and chewing slowly; (2) eating only when hungry and only until satisfied; (3) eating proper food combinations; (4) eating live, nutritious, enzyme rich foods, and (5) eating only when calm and rested. When these conditions are not met, our body progressively degenerates and we become victims to both physical and mental illness. The over-indulgence in rich, fatty foods, for example, creates toxic conditions which cause depression and mental problems as these toxins in the blood find their way to the brain.

How sad it is that so few people understand the needs and requirements of the human body, or of the billions of cells which are its building blocks.

Our food is both a source of fuel for the body, through the breakdown of carbohydrates (starches and sugars), and fat, and also the source of the raw materials (proteins and minerals) needed for growth and repair. In addition, these basic food functions are made possible by vitamins which act like spark plugs in a car. Ideally, we get the appropriate balance of vitamins, minerals, protein, carbohydrates and fats directly from the foods we eat; however this is not the case with the overcooked, overprocessed foods most of us consume in today's world.

And naturally, there is a great deal of fuss about getting enough vitamins. If people would only realize there are a great abundance of vitamins in ogranically grown seeds (especially sprouts), green vegetables and fruit, there would not be so much confusion about vitamins and the dangers of taking an overdose. Everyone should realize the importance of obtaining vitamins from the foods they eat: (1) because it is safer; (2) because the vitamins are in combination with other nutrients in the correct proportions (flavonoids, etc. still being discovered); and (3) the vitamins are superior in the natural foods, because these sources are "sunlight" foods containing high levels of

energy. Little is known about exactly how sunlight affects growing foods and our bodies, but we do know life cannot exist without the sun. Comparing vitamins from superior foods with those "natural" or synthetic ones found in a bottle, would be like comparing a newly charged battery to a dead one.

Once we are eating superior food, however, it is not enough to merely put the food in our mouths and swallow. As already stated, certain combinations for digestion are necessary. Let us examine the digestive process more closely to better understand why.

The first study of the digestive process was done by an army physician, William Beaumont, in 1822. An eighteen-year-old youth, Alexis St. Martin, had been hunting in Michigan, and was accidentally shot by a musket at close range. Dr. Beaumont, who by the way had never attended medical school, treated the youth. Alexis' stomach wound was so large, the doctor seriously doubted whether the young man would survive. Nevertheless, he cleaned and dressed the area. The youth recovered beautifully but an opening remained in his stomach. The doctor wanted to sew up the hole, but the boy refused. Dr. Beaumont then realized that here was an opportunity to observe the process of digestion directly, so he took Alexis to his house, fed the patient, and watched. As a result, the scientific world gained its first real understanding of the digestive process. The self-taught doctor's first discovery was that the gastric juice was a key factor in digestion.

However, in those days, doctors did not know of the existence of enzymes, nor of the powerful contribution they make in the digestion of food. Much more study was necessary before the realization that cooking food destroys these enzymes.

Today, we know the major digestive organs are the mouth, pharynx, esophagus, stomach, pylorus, pancreas, liver, gall bladder, small intestine, large intestine, rectum and anus. The appendix, believed to have been functional in early man as a kind of "second stomach" works in connection with the lymphatic system, which is so important in the cleansing and bathing of body tissues.

Digestion starts in the mouth. The human teeth, capable of chewing forwards or backwards, are most suitable for chewing grains, seeds, vegetables and fruits; whereas carnivorous animals have only an up and down movement of the jaw, tearing off chunks of flesh and swallowing them whole. As our teeth grind the food, saliva is excreted by the three sets of salivary glands under the tongue, inside the jaw and inside the cheek. The saliva contains the enzyme ptylin, for breaking down starches into complex sugars. In order for the starches to be completely broken down and ready for further digestion, we should always chew our food well. Thorough chewing also allows the taste buds to report to the brain - sweet, sour and salty. The amount of food needed by the body is determined by the brain receiving these signals from the taste buds, and acting as a safety valve before the stomach gets overloaded. Horace Fletcher, many years ago, urged folks to chew 32 times, especially dry foods, to reduce the food to a liquid before swallowing. Some absorption of nutrients into the bloodstream occurs in the mouth, by a process of osmosis. When swallowing, the epiglottis closes over the larynx to prevent food from entering into the windpipe. A series of wavelike muscular contractions occur along the esophagus and carry the food into the stomach. This wavelike motion is known as the "peristaltic motion".

Upon reaching the stomach, the major part of digestion occurs. Herbert M. Shelton, the celebrated hygienist, in "Food Combining" explains that the stomach contains three digestive enzymes - pepsin, lipase, and rennin. Pepsin acts upon proteins, lipase on fats, and rennin coagulates milk. Much absorption of nutrients is done through the stomach wall. Presently raw fruits and vegetables are difficult for about 80 percent of the population to digest, and this is especially true for the underground vegetables.

Further digestion, and the major absorption of nutrients takes place in the small intestine, which is about twenty feet long. The first portion of the intestine involved is the duodenum, in which various ducts empty their contents. One of these ducts comes from the gall bladder, the small sac at-

tached to our liver. This duct carries a substance called bile, which helps in the digestion of fats. Another duct is connected to the pancreas, a large gland lying just below the stomach, and it carries pancreatic juice which breaks down partially digested protein into amino acids. Absorption of nutrients is accomplished through the inner surface of the small intestine due to the action of tiny tubes called "villi". As the digested food passes through them, they move back and forth and absorb all the components necessary for good nourishment. Enzymes must be present for the digestion to be efficient. With the assistance of enzymes, the lymphatic system will then be able to absorb and carry digested food to the liver to be purified before it is distributed to the cells. Material not absorbed while in the small intestine is waste and passes into the colon. In a normal, healthy colon, this waste material should not become clogged, but it should pass easily from the colon to the anus.

ARE DOCTORS INTERESTED IN ALTERNATIVE WAYS TO HEALTH?

Yes, there are many doctors who are now looking into alternative ways to help the sick. We now have two medical doctor training to work with the living food lifestyle.

In Time Magazine, it was said that the British Medical Journal had published the results of a survey questionnaire that was answered by young doctors at a conference held in Scotland, and it showed that about 80% of the doctors had either received or given treatments by alternative methods. When they found from personal experience that more benefits are received from alternative methods, they became willing to suggest alternatives to their patients. They also suggested that the undergraduate medical student should include the alternative way to health in his/her studies.

Throughout the years I have known many medical doctors. Though their teachings and education differ greatly from mine it is fortunate that I have met medical practitioners who were open minded enough to learn and experience the living food lifestyle. You may find it interesting to read a few letters written by some of them.

Dr. Robert S. Mendlesohn, M.D., and author of "Confession of a Medical Heretic," writes;

I am lucky to have met Ann Wigmore last year in a television studio. Now, thanks to her autobiography, "Why Suffer," I understand the development of her methods of healing. I highly recommend this delightful, exciting, educational and entertaining package to any reader of ill or good health.

The heartwarming, indeed inspiring work of Ann Wigmore provided me with invaluable insights into the origins of her wisdom of working with nature.

Ann's grandmother taught her that most illness results from "ignorance, neglect or misdirected endeavors on the part of people themselves. Similarly, in my own religious tradition, Maimonides taught that 999 out of every 1,000 people bear responsibility for their own deaths, and one dies of natural causes. How relevant this teaching is today in view of the man made epidemics; aids, herpes, toxic shock syndrome - as well as the relationships between failure to breastfeed and breast cancer, multiple sexual partners and cancer of the cervix, cigarettes, addiction, lung cancer etc.

Ann Wigmore who was the original founder of the Hippocrates Health Institute named the institute after Hippocrates who said thousands of years ago "Let food be your medicine." Ann Wigmore is not a doctor, she is a teacher. She used the name Hippocrates at her Institute at a time when doctors would like to forget Hippocrates.

Victor Penzer, DMD, Dr. Med. Dent., Dr. Med., MRSH,FASCD Trustee, International Academy of Preventive Medicine, founding professional member of the American Holistic Medical Institute and on the faculty at Boston University's Department of Continuing Education writes;

In every generation since the advent of humanity, nature has been selecting a few individuals to whom in wondrous ways, step by step, the truth is revealed. They, the nature's favorites, intuitively pursue their preordained goals: they obediently follow the providential guidance. They surmount immense obstacles, they overcome incredible adversities, and from every experience, no matter how tragic, they emerge enriched. Along the path of life they keep learning through inspiration and keen observation. Eventually, they acquire a knowledge more profound than that which is ever contained in all the books written.

One of these inspirational forces for our generation is Dr. Ann Wigmore, the founder and guiding spirit of the former Hippocrates Institute - which served as a facility for ill people, and is now known as The Ann Wigmore Foundation This institution presently serves as an educational foundation for health minded individuals and professionals. The Ann Wigmore Foundation places its primary emphasis on the training of healthy individuals as teachers who are then able to teach the living food lifestyle in their areas to those who are weak or ill.

Abandoned by her parents soon after birth, Dr. Ann encountered adversities in her life beginning even in infancy. She worked for a living from earliest childhood, learning directly from nature and from her grandmother who

brought her up from infancy to maturity and was herself a healer, recognized in her community in Europe. From experiences she had while with her grandmother, Ann learned the value and the curative qualities of natural, energy rich, living nutrition. Her teaching and sharing has made a beneficial impact on a substantial segment of humanity.

When biochemists and conventional nutritional scientists analyze the contents of the food we eat, and when they assess our nutritional needs they neither search for nor discover the most important ingredient - life- energy. This energy is weightless, it is shapeless, it is colorless and odorless: it is invisible. Yet, without it, there is no life. Scientifically, we can determine the exact chemical composition of a living organism, plant or animal. We can also assemble all the chemical compounds in proper proportion, the carbohydrates, the fats, the proteins, minerals and vitamins, etc. and yet synthetically we cannot create a living organism; for we cannot manufacture life-energy, the one ingredient nature alone can supply. We use life-energy to replenish our organisms. Chemical compounds alone often do not suffice, and that is why Ann Wigmore's healing ways have so often helped where others have failed.

This information was discovered by a true pioneer who has dedicated her whole life to the development of the living food lifestyle, for the improved health of all humanity. Dr. Wigmore's living food approach seems simple because her vision is so clear - health is a result of increasing the life-energy in the body through detoxification and through correcting nutritional deficiencies, for both conditions have caused imbalances in both body and mind.

Christian Schaller, M.D.
Geneva, Switzerland

...Not so long ago I left my active medical practice as a surgeon to pursue a career in the wholistic health field. I have since established a wholistic health center teaching the principles of living food and wheatgrass here in Geneva...I am more excited about the results than you can imagine and my center is reaching many people here with your message of rejuvenation...Thanks for your continued support.

...As a nutritionist and health educator I'm delighted to know about live foods. In all my years of professional work in the health field I have never known another program of diet to be so successful...I have people coming to me from all over to learn more about live foods, and especially wheatgrass...Thanks and keep up the good work.

WHAT IS THE BODY LIKE

The body is the most incredible electrical machine. The machine is regulated by an electrochemical computer known as the brain. Each individual is the engineer and guardian of his own body and mind. We each have a great responsibility for our own bodies, how to understand and maintain the parts of the mechanism. Like any machine the body requires continual maintenance in order to function at a high level at all times.

This precious possession operates in four parts. First there is the skeleton that holds the structure together, composed of bones, ligaments and joints, and in this first category are also the muscles, which allow the structure to move and be mobile. The second category is the circulation, comprised of heart and blood vessels which provide nourishment to the body, and also help to remove toxins and unused food and metabolic wastes. The third category is made up of the various organs, all of which have their specific part to play in the orchestration of this most wonderous of God's creations; ie the human body. These organs include, of course, the lungs, the liver, the kidneys, the pancreas, the intestines, etc., etc. The nervous system comprises the final category. This extremely delicate component of the body should be supplied at all times with the best possible nourishment, in the raw, uncooked state, that it too, may work perfectly with nature's laws. It is within the nerves that the positive and negative energies flows. This intelligent energy can be blocked by toxins from food that is cooked, processed or been unnaturally treated. When the bloodstream is polluted it causes disorders in the nerve cells, and in turn, disrupts our whole system, and the electrical balance of the body. This we call the magnetic-polarity network and it works through an electrical impulse system, that exhibits positive or negative charge. This functioning unit will only work when we adhere to the laws of nature. But ultimately when we ask what is the body like, and we look not at how it is composed, but at the purpose all the various structures serve, our answer must be, that the body exists only to house the soul. We must use our free will to go within in order to reach the soul, and thereby supply any purpose for the body. When we go within, we can express the soul, through the creative mind; which is the great gift from the Creator, that can lift us to the very heights of being. It is the key to liberation from from our physical sickness and our mental suffering.

Unless we take this responsibility for our body and mind we will not have the most conducive environment for our personal soul-growth. Thus our total well-being is very important for our personal development as well as the great challenges we need to confront daily.

The fundamental need of the body is first of all for organically grown easy-to-digest nourishment. This is necessary, in order to have a fuel which prevents deficiencies and accumulation of waste in the body and mind. with

the live nourishment, The cellular structure of the body is so constructed, that once we consume only living food, easy-to-digest nourishment, the cells can regenerate themselves, perpetually, and indefinitely keep us free from sickness and old age, if we wish to take the responsibility.

The material we choose for our body and mind are very important. We must ask ourselves; are the needs to make our choice of food based what philosophy of living to eat, or are we eating to nourish the body and mind. Since our bodies and our minds are priceless should not we treat such treasures with more care, love, and respect. This would result in experiencing our full potential as human beings, whose destiny has always been to be God's co-creators.

The better we understand our own bodily needs, the sooner we can share our knowledge with others. Then we are truly fulfilling the purpose of life on this planet.

WHY DO WE HAVE SO MANY PHYSICAL AND MENTAL HEALTH PROBLEMS

There are many reasons and they have been debated since the beginning of civilization. New scientific discoveries about nutrition, however, are providing evidence, that the solution to our health problems, primarily depends on changing our lifestyle. Many people now realize that changing their lifestyle is an absolute imperative, since the onset of the AIDS epidemic and other new conditions such as Candida, herpes and new allergies, unknown in previous times. Our society is experiencing these and other health problems with fear. The results of scientific investigation seem to indicate there is now a solution. Our health depends on getting back to the basics with respect to food choices and that our kitchens are the laboratories where health is produced from seeds, greens, vegetables, fruits, and nuts. Once the body repairs the immune system, vitality returns, and the body will heal itself.

Your body is worth over a million dollars. Remember it is predicted in the scriptures, that "He shall renew his youth like the eagle". The eagle lives 250 years, therefore, this means the body can renew itself as long as we wish. But never forget that the rebuilding or renewing is only possible with easy-to-digest nourishment. Only the living food, easy-to-digest nourishment can cleanse the blood and rejuvenate the cells, resulting in a new body and mind. One must live harmoniously, that is the "Cosmic Law" for living healthfully.

The body and mind cannot be separated from one another. It is the belief that they can be which is responsible for so much of our present mental illness. A body raised on sugar and processed foods is more prone to mental

problems. This is the conclusion of correctional officials and M.I.T. researchers who for ten years have studied diet and bad behavior. The four pounds of chemicals which the average American eats each year along with his food, plus sugar, may well do things to the nervous system and brain that we know nothing about. Though many of these additives have been tested on rats separately, they have never been mixed together and tested for potential reactions due to combinations of them. It would be logical that these chemicals would affect the more sensitive brain and nervous system long before any gross physical damage occurred. Yet no such testing has been performed.

Children especially seem to be vulnerable to the onslaught of additives and sugar in the American diet. Thousands of kids today are hyperactive. They are given drugs to slow them down, while ironically some physicians like Ben Fiengold, M.D., have written entire books about the elements in our diet which are directly responsible for hyperactivity. He suggests a return to a more natural and wholesome diet, especially for kids, in order to control and prevent the problem.

Hypoglycemia is a common and growing health problem which borders on being a mental problem as well. The hypoglycemic becomes edgy, scattered and tired when their blood sugar level drops too low. The ulcer sufferer knows he has an emotional problem as do many people who complain of constipation and diarrhea. There are numerous other cases of illness which provide direct evidence of the link between emotional and mental well-being and physical health and yet the two parts are still viewed and treated by physicians as separate entities.

Again, I will address AIDS as being the biggest breakdown of health, the body can experience. For years I have counseled and worked with the whole person - body, mind and spirit. Since one part cannot be separated from the other it is necessary to strengthen the immune system, using a combination of physical, mental and spiritual means.

THE BODY IS A MIRACULOUS HEALER ONCE DESTRUCTIVE AND ADDICTIVE LIFESTYLE PATTERNS HAVE BEEN OVERCOME, AND AIDS IS NO EXCEPTION

Any book on AIDS must of course include a look at the drug problem. The New Year is fast approaching, as this book goes to press, and New Year's is an appropriate time to let go of the old and to make room for the new. The old includes many disasters that we have experienced in the past year; the fraudulent things that happened in government, and on Wall Street; the Chernoybl disaster, etc., the need for a nationwide crusade against drugs,and, of course the AIDS epidemic. Why have these things been happening to us, and what do they all have in common.

It is not enough to say that many of our calamities stem from drug problems, because many of the people involved do not and did not take drugs; but it might be accurate to say that most of the problems we have faced in the past year have resulted from various kinds of addictive behavior. This in effect, is saying that many of our society's problems and the disasters which have befallen us, are related to the fact we are an addictive society, thriving on, and realizing economic profits, from propogandizing for addictive pleasures.

Drug addiction, however, is a form of addiction in a class by itself, for it is particularly hard to overcome, since it has been proven, that drug addiction affects the mind and our powers of discrimination and judgment. Thus, the poor unfortunate drug addict, isn't even aware of the process of self-destruction taking place.

Everywhere we look these days, we see our federal and local governments making the fight against drug addiction a top priority. But since the root causes which drive people to drugs are not dealt with, or confronted, any success these government programs have, will be shortlived. This failure to realize permanent change is also the norm with other less harmful addictions, such as sugar addictions and food addictions. Escape from these milder addictions also fails, for the same reason; ie. the sources of the addictive behavior have not been confronted.

Let us therefore confront the source of these problems. There are two major reasons why even with government help, the resolve to stay permanently off drugs and alcohol (for alcohol is a drug) usually fails. The first reason is physiological; ie a physiological craving has been set up by past addictive behavior. The physiological craving can be explained, of course, as a symptom of toxemia and deficiency. This is already a proven fact. In addi-

tion, I have personally observed with many of the people who came to me for help, that once their bodies were given optimal easy-to-digest nourishment, and their deficiencies were corrected, there were no longer any addictive cravings. After only a few weeks of easy-to-digest nourishment, there was no longer any need for willpower in order to stay away from addictions. The addictions were dropped naturally of their own accord. The second reason is psychological; ie many individuals do not possess enough of a sense of selfhood or self-esteem, to experience any power in life, or to find satisfaction in life and thus they are motivated to escape from self-awareness, by choosing addictive behavior. These two sources of addictive life patterns, support and lead to each other, in a continual vicious circle, spiralling downward, into increasing slavery to an addictive lifestyle.

The vicious circle can be initiated from either source of addiction, ie the physiological or the psychological source. When the addictive lifestyle has originated from psychological problems, the pattern develops in the following manner. Psychological addiction stemming from low self-esteem leads to physiological addiction, and the fatigue which results from physiological addiction makes one unmotivated, and uninterested in life, thereby increasing one's feelings of worthlessness, and lowering one's self-esteem even further, reinforcing further psychological addiction.

Just as would be predicted, addicts, in this category, who have been questioned, have been found to have no clear goals, or pride in any life accomplishments. I am ever grateful to my Lithuanian grandmother for her continued insistence, on the need for goals in life. She told me that we are all born to give something to the world, ie that is to contribute.

We are suggesting that, the only way an addict of this type, can free themselves from an addiction, is to obtain a higher satisfaction by making some contribution to society, or from having and achieving personal goals.

But, of course, there is a second kind of addict, for whom the source of the vicious circle of addiction is physiological rather than psychological. These people are often successfully pursuing personal goals, and they are often making some meaningful contribution to society, and it is these people for whom the dangers of addiction are not as obvious. Many people I know tell me that I am addicted to my work, for example. We must emphasize, the need for caution, even when caught up in these seemingly positive addictions. For, if all the hard work of achieving one's goals or making a contribution to society, also becomes an obsession and addiction, and leads to negligence of one's health, fatigue and emotional stress will become frequent, and there may soon be a strong temptation to adopt negative addictions, such as alcohol and drugs, in order to stimulate a depleted body in need of energy.

Therefore, we have again seen another example of how the vicious circle of an addictive lifestyle can arise. The goal oriented and ambitious individual In order to have more energy and feel physically better,after experiencing exhaustion from driving oneself mercilessly, craves stimulation and is soon addicted to whatever substance provides that stimulation. Then as such an individual becomes less and less productive, for they have become enslaved to their addiction, dissatisfaction with the self sets in, and in order to escape from the self, there is a further temptation to return to the addictive behavior. The wise individual can entirely avoid this danger, by taking the responsibility to only eat easy-to-digest nourishment. In the past I have proven the truth of this assertion, for myself, that once the body is well-nourished, it is not difficult to work practically around the clock, without experiencing even the slightest bit of fatigue or flagging of energy.

Derek Sanderson, a former Boston bruin, shows us how even a person with strong goals can drive themselves and end up destroying their psyches and their bodies as a slave to addictive behavior, unless the ambition and drive are integrated into a healthy high energy lifestyle, in which there is no need for artificial stimulation. Sanderson says: "Alcohol and drugs cost me $3 million. It cost me a hockey career. It cost me a lot of pain. It doesn't have to cost you anything if you say no to drugs!!!"

We have said we were going to investigate what all the disasters which have befallen us this year have in common, and we have asserted that they are perhaps all related to addictive life-patterns found in addictive societies. At first this seems, unlikely, or not credible, but when we consider how often a person who is destroying himself/herself with addictive behavior, is also making others as well as society suffer from the consequences of their irresponsibility, it does seem believeable that addictive behavior in one way or another unite most of this year's tragedies.

When we lose the caring nature of the true self, as is always the case with those who are slaves to an addiction, negligence begins to appear in our actions in the world. Thus indirectly, accidents like Chernobyl, result, and because we don't care, dishonesty in the government is also sometimes a result. Once an individual frees themselves from addiction, and thus regains the caring nature of the true self, they could not be negligent either to themselves or to others, because such an individual is now conscious and understands the law of Cause and Effect, ie karma. They understand that whatever an individual does that hurts others, is creating character patterns which in the long run is just hurting themselves. Freed from slavery to addictions and the rationalization which goes along with such slavery, one becomes a free agent in control of one's life, and such a person would not do something to hurt another, that would eventually come back to hurt themselves.

The only disaster of this year, we have left out of our equation, is the AIDS epidemic. But the mounting evidence is getting stronger all the time, that the AIDS plague is also directly related to addictive behavior in our society. As everyone now knows, AIDS reaks its deadly havoc by destroying the immune system. It is only expected that in a society which has lost touch with nature, the focus would turn to the virus which is instrumental in this destruction.

Let us imagine the orientation to AIDS in a society which trusted Nature more than technology, though of course such a society would not be a victim to AIDS in the first place. But hypothetically, considering this mythical society did have the AIDS problem, it's focus would be on the health of the immune system and not on the virus. There is much evidence that a healthy immune system will not break down, though invaded by an AIDS virus. This, in part, explains why there are so many carriers of the AIDS virus, who have been infected, but yet never come down with the disease. This also explains why when with natural means, the body immunity of an AIDS victim is boosted, the AIDS invasion and destruction often goes into temporary remission.

Very few in our society have ever experienced a state of truly optimal health, because our lifestyle choices have kept such a state foreign to our experience. When a living food easy-to-digest nutrition program is followed, the body goes beyond ordinary health to a state of optimal health, and then the self-protective mechanisms of the organism, inherent in Nature, become evident. In such a state of health, not only would the AIDS virus be unable to overcome the forces of the body's resistance, and thus it would be encapsulated and made inactive, but the AIDS virus wouldn't even be able to survive in a dormant state, and would be immediately destroyed by the white cells as soon as its presence was detected. The AIDS virus, as with any other virus, would cause no problem in a detoxified, highly energized body that had adopted the living foods lifestyle.

We can observe many instances of the self-protective mechanisms of Nature in the world around us. I was first made aware of them, when I started my own organic garden. My suspicions about a healthy organism's ability to resist any kind of invasion from the outer environment were confirmed, when I saw that my neighbor's chemicalized garden adjacent to mine, needed continual spraying to keep the bugs and insects from destroying his plants, whereas my organic garden did not attract any of the predators, he was finding such a problem. For anyone used to working with the laws of Nature, it was easy to understand the problem was that his plants were sick, and their self-protective mechanisms had been damaged.

One of the world's greatest scientists, Dr. Earp-Thomas, has shown that when the white cells of a healthy organism are added to a culture, anything foreign that is injected into that culture will be destroyed instantaneously by the white cells, however when the cells are taken from a sick organism, the invaders added to the culture are able to get a hold, and start proliferating at an alarming rate.

In our desire to follow up on these clues of an organisms natural powers when it has not been damaged by any kind of prior abuse, we are setting up an experiment in Sweden, in which two kinds of white blood cells; one set from a optimally healthy immune system and one from a weakened immune system, will be cultured, and then subjected to the AIDS virus. Then, the world-famous medical photographer, Lennart Nilson, will take photographs with the electron microscope of the differing effects of the AIDS virus in the respective cell cultures. We will finally have the graphic evidence for all the world to see, of the incredible power residing in the self-protective mechanisms of the body and in Nature, when these mechanisms have not already been weakened by an abusive lifestyle.

An analogy can be made between the self-protective mechanisms of Nature and the protection offered by spiritual guidance, once one has gone within and is acting from the caring nature of the true self. If we live in accord with Nature, by taking responsibility for our body, as a temple of the God within, all the evidence indicates that we will be protected. We could say, as an analogy, that if we live in accord with our spiritual nature, we will also be protected, for again when we live as the Creator intended in communion with the divine God-self within each of us, there are protective mechanisms more powerful than anything we have ever considered.

I remember an early childhood experience, in which I was able to observe firsthand, the protection of divine intervention, for those who trust the spirit within. During the First World War, I was trapped in an orchard with my grandmother and with many of the people who lived in our village, and we had run out of food. Also, it had been raining for days and days, and the water was getting deeper and deeper, and we were almost drowning. Conditions were rather desparate to say the least. All of us were paralyzed by our fear, and our feelings of powerlessness, except for my grandmother, who knew about the divine protection offered those who do not stray from their true spiritual nature. She left the orchard, and with bullets flying all around her, found some food for us as well as a dry, abandoned cellar in the village, where we could wait until the battle ended.

The certainty of her faith has never left me, and though I have always had to struggle with my own doubts and weakness, her example has always been with me, giving me confidence and making my struggles easier. Like

everyone, I have had to experiment with life and learn by my mistakes. I remember my addiction to candy. I would continue to eat it, even though it would make my teeth rotten, and make me break out in boils, for it was always so readily available since my parents owned a candy store. I have also had to learn about rationalizing my addictions, and the price of refusing to grow from my mistakes, just like everyone else. I have had to learn the importance of not feeling defeated after making a big mistake. I have had to learn to accept myself, and let go of my guilt, and powerlessness, so that I was free to move on, and be open to grow from the next challenge or opportunity. We are on this planet for soul growth, and this process progresses from lesson to lesson, learned by going from mistake to mistake.

But there are some mistakes which have no lessons. There are some experiments that cannot result in soul growth. Experiments with drugs, and the resulting drug addiction is an example of this kind of serious mistake. Drugs will destroy the mind, destroy the spirit, and destroy you. They will destroy you so totally, there is not enough awareness left to learn any lessons from your experience. When an individual becomes a slave to drug addiction, others will usually also have to suffer, as a result.

For these reasons, experimentation with drugs is not in the same category of mistake, as the kind of mistakes by which one learns one's lessons and achieves soul growth. Experimentation with drugs is always a tragedy. Just this year, there were six or seven prominent people who were contributing greatly to society, and to their family, and to their friends, and they experimented with drugs, and destroyed themselves. What a waste. They passed on, and that's it. All of their potential personal growth and all their potential contribution to others, needlessly lost. It's really a sin, to destroy that wonderful temple, the human body, in that fashion. And it is an even larger sin to destroy the human mind, so that it can no longer hear the voice of the God within.

I believe that part of the problem is that the news media is not doing its proper job. The news media play on sensationalism and that means that more negative news than positive news gets reported. Of course this causes people to be dissatisfied, unhappy, and to feel insecure. Therefore the newsmedia motivates people to want to escape from what they see as seemingly unsolvable serious problems our present world faces. Because of the gloom and doom presently portrayed by the various media, most people are feeling powerless to make any contribution, and feeling increasingly fearful, they may turn to drugs.

This truly is a time of planetary housecleaning. Whenever the earth is about to go through great changes, there is much insecurity and many fearful events do take place. But it is the responsibility of the newsmedia and of our leaders, to have a positive attitude, and to balance the honest portrayal

of negative events, with the positive lessons we can learn from these events, so that our citizens can be infected with hope and motivation, and not the hopelessness which leads to addictions of all kinds, and indirectly to a weakening of the immune system and problems like AIDS. With the help of the newsmedia and our leaders, we can actually have this wonderful "peace on Earth, and goodwill towards men," we talk about so much at this time of the year, as well as an end to addictive behavior and the problem of AIDS. The time has come to stop only talking about peace on earth. It is time to take responsibility as individuals to first bring about this peace and harmony in our own lives. The first step is to drop our addictions by adopting the Living Food lifestyle, and trusting the guidance of the God within.

HOW TO BE A WINNER

The good news is that you don't have to live with low self-esteem -- you CAN become the person you want to be. It all depends on yourself according to a man who has helped 400,000 people gain a new and brighter outlook on life. James H. Hoke, hypnotherapist says: "People can retrieve the best of the emotions within themselves to make themselves better."

Hoke's theory is that whatever you are until now is an accident -- the result of things programmed into what he calls the subconscious computer bank of the mind. "It is this which controls the 90% of you that is emotional," he says. "You can, in fact, pick how you want to feel, instead of waiting for it to happen."

Hoke offers the following tips on how to do it:

BANISH self-defeating guilt. Look at your past on the basis that it was a learning experience and whatever you did was the best you could do at the time, even if it was wrong.

LEARN how to match your emotions to a situation or circumstance so that you have some control over it.

For example, if you are a woman who is intimidated by men and you are unhappy because of it, your first step is to become consciously aware of that feeling. Then you have to become aware that you have choices. You don't have to continue as you are. Find a time when you had a different attitude and plug it into today's situation.

KICK a habit you don't like by seeing it as a circumstantial accident. For example, you are programmed to eat too much because you were given a bottle to stop your crying as a baby.

To lose weight you need a reward that is more important than the immediate gratification of eating. It might be because you want a better life or a better job.

RECOGNIZE that yesterday is over. Put all your effort into today, because if you keep looking back, it keeps you from putting your best into thinking better of yourself.

PRAISE yourself. When you do something well, tell yourself, "I have it all together, that is the way to go." This strengthens your positive emotions. EMOTIONS are like muscles. The ones you use get the strongest.

FIVE TOOLS NECESSARY FOR SUCCESS

1. Desire - a strong desire to have or to create what you have chosen to visualize, backed by a strong feeling of purpose; i.e. why do I want this? What will I do with it, when I get it?

2. Action - do something about your desire.

3. Belief - we must believe in our goals and in the possibility of attaining them. It is not important if others believe in our goals - it is only important that we do.

4. Acceptance - we must be willing to accept and to possess whatever it is we are seeking, and all that comes along with it. Often this is persistence and hard work. This is how visualization differs from mere "positive thinking," or fantasizing.

Remember, we are not making anything happen. We are relaxing and allowing the possibilities that already exist to manifest for us physically. Like seeds that we have planted, thoughts also, need to be given proper attention and nurturing in order to grow. Nurture only the thoughts that you want to manifest in your life.

5. Patience - we need to be patient in allowing that growth from the seeds that we have planted.

"ENERGY SOUP"

HOW TO DISCOVER A NEW TOMORROW

As we enter the New Age of Enlightenment, you can step forth and realize the incredible potential locked inside of you. Whether it's health, business, control of negative emotions or higher spiritual goals, your life will begin transforming like the dawn of a new day! YOU will be in control. Your life will be what you want it to be - no longer manipulated by others, by outside forces oer which you have no control.

The Ann Wigmore Foundation offers the most advanced personal development lifestyle today, yet it is an easy course, even for a beginner.

In pursuing this lifestyle you will learn: How you can release tremendous inner energies and creative powers to open up a whole new life - one of vibrant health, harmony, love and happiness.

How to free yourself from fear, worry, guilt, unhappiness, stress and bad luck by turning back to Nature.

How to achieve an expanded awareness and a great spiritual realization.

If you are interested in breaking the bonds of the life situations that have held you captive too long, start now, and prove what your body and mind can do. Light eating is the key to energy. Living Food is a new, dynamic way to approach your whole life - a major breakthrough in the self-development field. Living Foods will open you to new levels of Expanded Awareness and personal growth, because you will be following the principles of Nature.

I. THE LAW OF CAUSE AND EFFECT: The most misunderstood of all the laws is explained here, including the relationship of cause and effect, immediacy, responsibility, morality, and what it really means; karma, suffering vs. punishment, repentance, etc.

II. THE LAW OF LOVE: What is love? Common misunderstandings are explained, with a section on the roots of crime, the Law of Giving and Sharing.

III. THE LAW OF FAITH: What do you believe and why? What faith does and how it works; faith vs. self-delusion; secret of the Mustard Seed; what prayer really is and how it works.

IV. THE LAW OF FREE WILL: Free will vs. predestination the future and your free will; opportunity; use and misuse of free will.

V. THE LAW OF TRUTH: How to find truth; the search for absolutes; truth, objective and subjective; the law of change; discernment; context; heaven, hell and the true structure of the Universe.

VI. THE LAW OF SPIRITUAL POWER: Where power comes from; The Code; miracles; channels and obstructions; guardian angels and higher beings; the use and misuse of inner power; how to develop yours.

VII. THE LAW OF ONE: The harmony of all things: how to resolve contradictions; judging; relationships; good and evil; the brotherhood of man.

BASIC LAWS OF LIFE - No wonder we have so many losers! No one can ever violate these laws without paying a very dear price. Just understanding what they are and how they work is a giant step in spiritual development. The Seven Laws of Spiritual Power are vital to your growth.

WHAT HAS HAPPENED TO OUR INDWELLING PRINCIPLES OR ADHERENCE TO UNIVERSAL LAW?

We have wandered away like sheep from our shepherd, (Nature, God). Our soul needs to be awakened again through the energy of Living Food. Then we will have the energy to realize the full potential of our brainpower, and we will be motivated to carry out positive actions. The Divine energy must radiate brightly, in both a personal and in a universal way, from each of God's seeds, for each seed has been planted for personal growth. God has intended for everyone to be loving, beautiful, joyous and to live abundantly.

Since it is our destiny as seeds of God, to realize our full potential, why are there so many social and personal problems; ie drug addiction, alcoholism, crime, political corruption, dishonesty in business, etc.? The media everyday gives us examples of the selfishness and dishonesty of businessmen and politicians, and as a result there is a loss of respect for an unjust government and its laws. There is an absence of values, which leaves us disoriented, and unable to realize our true nature as expressions of God.

Hope for the future depends on reconstruction of our educational system, which must begin to teach the spiritual law, and the law of cause and effect, if we are to solve our problems.

In addition we must start providing the body with nutrition, so that it may overcome the deficiencies which have caused an unbalanced chemistry and brought on degenerative conditions. Deficiencies in the body, affect the mind, and lead to addictions of various kinds such as alcohol, drugs and sex. The proper education can bring back the values of self-discipline and self-

esteem, and thereby the choice for the creative use of our energy rather than a destructive use. It is especially important that we teach young girls and women to respect their bodies as sacred vessels, and not to let them be expoloited for pleasures of sensation, or to appease the sexual appetites of males who buy their favors.

All this is crime against the Divine God's intention for our lives. Addictions to bad living patterns have enslaved so many, and have created epidemics in large proportions. Now we need help from the communications media; ie T.V., Newspapers, radio, etc., to refrain from portraying the human being, as an animal of uncontrollable sexual appetites and a tendency to violence; instead they must do their part to bring back the Values which represent the right use of God's energy. The change to Living Food, Easy-to-Digest nourishment, can bring our society back to physical, mental, emotional and spiritual balance within a very few years.

WHY DO WE NEED TO TURN BACK TO NATURE?

Because human life is based upon the laws of Nature. These laws of Creation are very dependable and unchanging. For success and prosperity, we only need to learn how to use them. These laws are quite impersonal, and will work for everybody, because that's just the nature of the Universe. For example the music we get from a piano is governed by mechanical, unchanging laws, laws of vibration and rhythm. When someone strikes a series of notes, the piano has no choice but to obey and sound those notes, because the keys are governed by the laws of Creation.

God's laws can work for either positive or negative results, and the way in which these laws manifest themselves, is through the action of cause and effect, the action of sowing and reaping what you have sown. Paul in Gals. 6;7 said: "Do not be deceived, whatever a man sows, he will also reap, good or evil."

The ancients, who were in harmony with Nature, had wonderful insights about the truth of the Universal laws and their relation to daily life and family conduct. This is one of the reasons why I am trying to bring those who are ready for total wellbeing, back to Nature, through the use of indoor gardens. For example, what we plant in properly prepared soil, so we receive. Wheat seeds produce wheatgrass, not oat or corn grass. The law of the universe, that like produces like, is built into the seed's genetic structure; the law of nature will always return to us what we sow. These principles need to be applied to daily living. We must remember the Universal Law or what we call God is always present. For example Psalms 139 says, "If I make my bed in hell, Thou are there."

Most people do not follow or understand the spiritual laws of Nature or God, and as a result they are lacking in different aspects of their life, in health, joy, or prosperity, and they can't figure out why. The spiritual law of cause and effect, however, always provides the explanation. Used positively, the spiritual law of cause and effect operates to make us more creative and bring happiness and productivity to our lives. What a pity that people can think poverty thoughts, and if the negative thinking or feeling continues, set laws in motion to bring about more negativity. Thought is like a seed that produces according to its own kind.

Each one of us has great untapped resources dwelling within. We are offered infinite riches from our father's house, once we remain true to the spiritual law, and turn to the inner Divine life. We must realize that in spite of what the outer appearances seem to be, we have an innate power that is just waiting to be set free.

WHAT IS MAGNETIC ENERGY?

Everything is energy in different forms including color, sound, etc. We also have learned from Einstein that matter or anything else can be converted into energy and there is nothing that is not energy or vibrations.

Our world is a reflection of the Universal Energy. We can experience this energy or God in action, as an all powerful infinite intelligence, or even as what we call "Cosmic Consciousness". The world is exposed to various waves of thoughts. We now live in an environment where we are surrounded by many thought waves that are harmful.

The colors, and the music we choose all have different waves or vibratory frequencies. For example, indigo is a very spiritual wave, whereas red or brown is a more physical wave. We can tell by the difference in how we are affected by different colors. Let's look at some various kinds of music vibrations or energy. There are music vibrations that seem to harmonize with your feelings and provide you with the uplift you need, and others that are destructive of this personal and social harmony.

For example, hard rock music is very loud and harsh and it makes you feel negative and wilted in energy. It has been found by scientific researchers that that kind of harsh music can kill plants. I love Nature's music which is spiritual music. The peaceful feelings it evokes bring peaceful thoughts to my mind. Such music brings kindness and order to one's life. The physical, harsh music, brings depression, violence, apathy, aggression and wars.

If we wish to bring about a better world, we need to pay attention to the kinds of vibrations we are allowing into our lives and our consciousness.

WHAT KIND OF ENERGY DOES A HEALER NEED TO HAVE?

Healers, especially psychiatrists, need to be emotionally healthy, have a positive self-love, and exhibit a peaceful energy. They also need to carry with them at all times, the capacity for loving thoughts, so that they will be able to transmit this healing energy to others from their God self. The healer must have a desire to unconditionally help others with any kind of problem. A healer needs much positive enthusiasm, and a capacity for dealing with the low energy levels of chronically fatigued persons. The healer needs to have a high enough energy to uplift those who are mentally and physically fatigued, and the intelligence to know how to deal with the low vibratory energy of others. Thus it takes a lot of skill and practice, to develop the qualities necessary to be a healer.

HOW IS NATURE CONNECTED TO HUMAN BEINGS?

What is Intuition? The mind has the means for extrasensory perception. It is like a receiving set, in which vibrational thoughts and ideas from the surrounding environment are picked up. People who eat heavy foods get soot on their antennas and thus cannot receive the messages coming from the Universal God Mind. Each person has the potential to receive these intuitions, provided by the Universal Mind, for it is part of our heritage as human beings. It is a pity that we do not pay more attention to the subconscious mind. The price we pay is that the conscious mind does not have the capability to reject what the subconscious mind supplies, especially consider-

Brain strokes snuff out another five hundred lives daily. Extensive and well documented research has shown that those who do not know how to successfully deal with stress, such as overly ambitious business folks, are particulary prone to heart and circulatory disorders.

One of the most hotly debated questions in medicine today concerns cholesterol: Is it or is it not the villain in heart disease? Is a low cholesterol diet the answer, or is our polluted environment and the continual stress we are under sufficiently hazardous that the incidence of heart disease would be high even if we all adopted a low cholesterol diet? What is at the root of this cholesterol question? What is the nature of cholesterol, what is its purpose in the body, and how does it get into the blood and into the arteries?

Good health depends upon the condition of the arteries through which the blood circulates to reach every living cell in the body. Blood current is unbelievably strong and the arterial surface is protected by the lubrication in the lining of the arterial walls. Nature has perfected a frictionless substance which keeps the arterial surface from being washed away by its own blood currents. The key element in this most effective lubrication oil is a fat-like

substance called cholesterol. Even if every trace of cholesterol is omitted from the diet, it continues to circulate in the blood, for the liver manufactures it.

Cholesterol, which is manufactured by the liver cells from simple fats, circulates in the blood in just the proper concentration to be utilized by the cells which line the artery walls. As these cells wear out, they are cast off, together with their cholesterol, and excreted by the body, while new cells grow and absorb new cholesterol from the blood. Thus, there occurs a continuous in-and-out flow of cholesterol, which as long as the body is in perfect health, is maintained at a specific level. But for the reasons we shall now explain, if easy to digest nourishment is not available, this protective mechanism of the body cannot effectively do its job.

When the physiological level of the cholesterol is disturbed by a more rapid breaking-down than building-up process, the overall cholesterol concentration in the blood is increased andthere occurs a state of hypercholestremia, i.e. too much cholesterol in the blood. The only condition that can cause a more rapid breaking-down than building-up of cholesterol is a diseased state of the artery walls. Overeating of fats and oils, as long as they are in their natural state, cannot cause arterial disease. The body merely stores the excess as fat. It is only when unnatural fats or natural fats which have been altered by being overheated, are consumed as food, that the trouble arises. Especially, the composition of the fat is altered when it is heated with starch (for example, french-fried potatoes). It is impossible for the liver to synthesize a perfect cholesterol from a fat that has been heated with starch. The resulting cholesterol is used by the body for the arterial lining, but being an unnatural or altered cholesterol, it fails to wear well, soon breaks down and is corroded, resulting in various forms of arterial disease and degeneration.

These diseases include: arteriosclerosis (commonly called hardening of the arteries) which is a narrowing of the artery walls, causing them to lose their elasticity; atherosclerosis which are fatty deposits on the arterial walls which may impede or even block the blood flow; coronary thrombosis which is a blood clot in the arteries which blocks the blood supply to the heart; and aneurism, which is a ruptured tumor in the artery wall. In these states the concentration of cholesterol in the blood is much higher than the normal level. The increased level can be detected early by the alert physician as a danger signal which will lead him to make a study of the patient's fat metabolism.

As civilized human beings began to live increasingly unnatural lives, they began to suffer not only from disturbances of fat metabolism, but also from carbohydrate and protein indigestion, resulting in a general toxemia of the

blood. Toxemia of the blood appears to be the primary cause of many, perhaps of all, disease. The finding of a high blood cholesterol, therefore, indicates the presence of a disturbance in fat metabolism as well as in the metabolism of carbohydrates and proteins. Thus it signifies a high degree of body toxemia, and accompanying nutritional deficiencies.

We have been removed from our original environment. We have been forced to breathe the impure air of our cities. We have been subjected to emotional and physical stress and strain. Our eardrums have been assailed with irritating and sometimes unbearable noises with consequent disturbed rest at night. Modern man suffers from unnatural tensions, fatigue, and intense eyestrain, caused by the improper lighting of streets and roads. People in the modern age are forced to drink chemicalized water, and eat synthetic food. Under such circumstances, instead of a physiological human being we have created a pathological one, whose heart becomes as diseased as the rest of the body, and totally incapable of bearing any stress or strain. The heart then loses its tone, the valves their elasticity, the vessels harden, the timing mechanism goes out of gear, and eventually a whole new heart or new parts are necessary to restore its efficiency.

The heart becomes pathological when too many of the physiological rules of life have been broken. The degree of damage to the heart structure depends upon changes in the chemistry of the blood, and responses to sudden adrenal hyperactivity caused by states of toxemia. The most common of the heart disorders, the so-called "heart attack" nearly always follows a sudden increase of adrenal secretions into the circulation. The result is either an acute dilation or the rupture of a valve or muscle wall, the clot from the resultant hemorrhage doing much damage. There can also be a rupture of an inelastic coronary vessel. Any of these lesions may cause sudden death. The sudden adrenal "bath" that so often overwhelms the patient in the form of a heart attack is the response of the body's defense mechanism against an acute toxemia resulting from chemical or nervous shock or both.

One of the most important factors in the prevention of coronary disease is in the choice and preparation of our food, to insure adequate vitamin intake, and optimal nourishment. Moderation should ever be the golden rule, and especially for the person with heart problems. A big meal of many courses and heavy food throws a sudden load on the heart which is then obliged to pump an extra supply of blood to digest it. Frequent small meals are better than overeating at any one meal, and sweet desserts and fat foods should give way to vegetables, fruits, sprouts, and the "live food" lifestyle.

Sir James MacKenzie, a London medical doctor, arrived at these three conclusions after a rich life of practice and intelligent observation:

(1) Diseases are the result of long-developing processes which begin early in life and finally lead to saturation of the body with toxins.
(2) Improper habits are the prime cause of this degeneration; especially eating cooked processed foods, and unnatural living habits, and habitually negative thinking.

(3) The same toxins when localized in a joint cause arthritis; when localized in the liver cause hepatitis; in the kidneys cause nephritis; in the skin, dermatitis; in the pancreas, diabetes; and in the brain, insanity. In other words all disease comes from a simple misunderstanding about how to take care of our bodies, this most precious gift from our Creator.

The bulk of Dr. MacKenzie's published observations dealt with heart damage, which he believed resulted from the same toxin. His conclusion was that the heart is troubled all too often by a chemical disturbance of the body. When the heart is not too badly damaged, recovery always follows after the chemical disturbance is removed. Then adopting the live food lifestyle prevents the possibility of any future heart attacks, for the cleansing accomplished by the easy-to-digest nourishment also cleans and repairs the artery walls removing the danger of future blockages.

WHY ALCOHOLISM?

It is due to nutritional deficiencies resulting in a lack of energy. This enervated condition results in nervousness and clouded thinking, inability to concentrate, and a low level of functioning and then depression sets in. Alcohol, similar to caffeine, is used as a stimulant to artificially supply the body with energy and a sense of well-being.

.The government has neglected to establish an educational program that effectively deals with alcoholism. Such a program should include information on how to keep our bodies healthy, and how to prevent people (especially our youth) from becoming alcoholics, and from indulging in other drugs which are habit forming. Resorting to any artificial stimulation in order to have enough energy to get through the day is a poor substitute for the energy derived from a optimal and healthy lifestyle. All artificial stimulants cause physical and mental imbalances, even so-called harmless drugs such as cough syrup which contains a high percentage of alcohol.

Research should be established using nutritional means to overcome the desires for stimulants and the tendencies to habits destructive of mental and physical health, which are as detrimental as alcohol.

The Causes of Alcoholism: The physiological cause of all addictive behavior including alcoholism, is that there are nutritional deficiencies, and thus the body is not supplied with adequate nourishment. However, there are often accompanying psychological factors involved which account for the victimization to addictions. Alcoholism and drug addiction are often caused by loneliness. The fear of not being loved or wanted is the number one enemy that overtakes many people. The need to belong has caused many people to do destructive things to their body, and to become negligent of their health -- young girls being pulled into sex traffic, for example. Family tradition no longer has a solid foundation. This results in individuals of weak character who are unable to cope in this unhealthy society, and who are easy prey for immoral and degenerate activities. Fear of illness has also affected many people, but mostly this disease is caused by nutritional deficiency, and then from the foundation of body imbalance and mental weakness, all the other problems follow.

With the increased crime rate and the irresponsible actions of our government, which will tell us only half-truths about the shady conditions of our country and the world, there is much emotional insecurity and much mental turmoil. Living in such an environment requires a healthy body and a healthy mind, in order to deal with the stress caused by such overwhelming problems. If our country doesn't change and become an example for the rest of humanity to get back on course, it will surely fall, as did the Roman Empire.

Yes, There Is A Way Out: Widespread alcoholism in our society is a manifestation of neglecting to keep people physically, mentally, socially and spiritually healthy. A nutritional plan can be effective which will remove the desire for alcohol or drugs. Teaching and working with the laws of life can provide us with new meaning and purpose. It also helps to release tensions, and it creates an understanding of the self and others.

The Alcoholic Problem Can Be Solved Permanently: Addressing the populace's nutritional needs can end the tragic conditions which are destroying our society. The following experiments will provide "food for thought" for those who are skeptical about the contribution that optimal nutrition can make in the fight against alcoholism. In only three weeks the following experiments provide the positive evidence.

Dr. Roger J. Williams, Professor of Chemistry, Director of the Clayton Biochemical Foundation at the University of Texas, carried out thousands of experiments covering the behavior and alcoholic drinking patterns of rats. Dr. Williams found that even though the rats were all physically and mentally different, just like humans, all the rats stopped drinking, some immediately and others after a while, when taken off the standard diet and put

on a balanced high nutrient diet. However, each time the rats were put back on food lacking the necessary elements, they started to drink again. The rate of consumption varied, but all returned to the habit. This experiment proves that if the missing nutritional elements are not continually supplied, the abstinence from alcohol is only temporary. Here is the needed evidence that a healthy lifestyle needs to be established permanently.

This same principle applies in dealing with overweight people. The problems of dieting and alcoholism and drug abuse cannot be solved using only willpower. As every overweight person has discovered, though they go on a diet with the best of intentions, the results are seldom permanent or long lasting. And Dr. Williams has discovered through his many experiments why failures are so common. He discovered that the body's mechanisms are controlled by the brain, and the brain has the wisdom to tell the body its needs. But when the mechanism is undernourished, it goes haywire and promotes cravings for unhealthy and destructive things.

What Happens To The Alcoholics Body : Dr. Max A. Schneider, Clinical Instructor of Medicine at the University of Colorado, has done research on the deterioration of the alcoholic's health. He reports that when a person takes whiskey, gin, or wine, the stimulants produce hydrochloric acid in the stomach. This acid destroys the lining of the stomach called mucin. As a result of this acidic stimulation, the stomach is prone to ulcers and hemorrhages. Heavy drinkers often become bleeders and die as a result of their habit. There should also be more emphasis on the dangers of atrophic cirrhosis, a fatal liver disease, which often accompanies addiction to alcohol.

Alcohol reaches the stomach in about 25 minutes and is absorbed into the circulatory system. It quickly goes into every cell and tissue in the body. If the body is in balance the digestive enzymes and insulin are both manufactured in the pancreas, an important organ located beneath the stomach. However, alcohol disturbs this little factory, by swelling the pancreatic tubes, and thus blocking the flow of digestive enzymes into the intestines. This blockage also affects the liver which retains and absorbs some of the alcohol from the intestinal tract. Then the liver has a much more difficult task in trying to cleanse the body of poisons.

Here are some further examples of the high price the alcoholic pays for his addiction. Alcohol irritates the body cells and increases their death rate. Extreme cell deterioration produces cirrhosis or heaptitis, and causes swollen feet, hands or legs, due to a poor circulatory condition. Men who indulge in the prolonged use of alcohol will experience a decline in their sexual functions, including swelling of the prostrate gland and even shrinkage of the testicles. The male hormone characteristics may undergo

feminine changes. In addition, scientific research has shown that alcohol severely damages nerve and brain cells, and when these are destroyed in too great a quantity, judgment and coordination are irreversibly gone.

In view of these startling facts, there is little wonder that our country has reached such a low moral, physical and spiritual state in the past few years. The horror of alcoholism has destroyed and enslaved many American lives. Let's do something about it.

In modern times "rejuvelac" has replaced alcohol, as a stimulating drink for social occasions, but rejuvelac's effects all contribute to better health.

HOW TO OVERCOME ADDICTIONS AND ENERGY BLOCKING HABITS

Never forget that personal fulfillment comes from the ability to express your true self! But habits and addictions prevent us from bringing out our full potentials.

What type of personality do you have? There is much ignorance about our own personality traits, and our behavioral habits. We need to understand the truth about ourselves in order to change, and thereby experience personal fulfillment.

1) Are you a know it all person?
2) Do you talk about yourself a lot?
3) Are you a person that is too pushy?
4) Are you a person who can accomplish just about everything you set out to achieve in life, but still feel dissatisfied and uncomfortable?
5) Are you a whiner who complains about everything, especially about your health?
6) Are you a social climber?
7) Are you the type of personality that is willing to give away your true values for achievement and success.
8) Are you a slob? Is your room, and workplace in order?
9) Are you always late? This is one of the worst habits. It can create catastrophes and prevent success in your relationships.
10)Are you always worrying and fearful of something?

These habits more or less all come from suggestions from other people. Many people with undesirable habits do not understand what they are and why they have them. We need to investigate the sources of our habits and addictions.

A MESSAGE ON THE LIVING FOOD PROGRAM FROM A MEDICAL DOCTOR

It is my great honor and privilege to lend my support to the concepts embodied in living food. In this time of increasing fragmentation, Ann Wigmore is a champion for unity and harmonization with nature. She represents a truly total approach to the diseases afflicting mankind in general. It is not simply a recital of facts and figures, but also encompasses the deep spiritual understanding of a woman who has herself overcome cancer and gone on from there (against incredible odds) to rejunvenate herself, and to educate others, meanwhile being the youngest 77 year old woman I have ever met.

I am myself a 45 year old Candian physician engaged in active family practice for 18 years. My encounters with cancer patients and the uncertainty that surrounded them and their illness in my medical practice have always caused me extreme distress. Two years ago I was diagnosed as having cancer of the bowel, myself. This was the firsthand acquaintance with a disease I had dreaded from a distance. Having undergone surgery, I then prepared to wait helplessly for the remainder of my life for the illness to reappear.

One year ago, just as the symptoms of my illness were recurring, I discovered Ann Wigmore's earlier books (or rather they discovered me). Immediately I sensed the innate common sense of a natural system of allowing the body to heal itself. The confusion began to clear as I realized that there was no proof of cure for cancer by any other method. Instinctively, I knew that with the help I had received and my own discipline and hard work I could choose to be healthy.

I began to incorporate in my city apartment the living foods lifestyle and the methods and philosophy of Ann Wigmore. There was an almost immediate disappearance of my symptoms. Since I have employed the principles of dealing with the cause of my problems I have enjoyed excellent health for the past two years, and thus I have been also able to enjoy my life and my livelihood.

It is only now, as I look back, that I realize the development of my illness was connected to my hanging on to old concepts and an old lifestyle, and the fear that went with them, and I am sure that I would be dead by now if I had continued the same way. My path to rebirth has meant assuming responsibility for my own health and this task has been aided immensely by the new insights, methods and principles, espoused by the work with nature. It is also protective of the environment, as well as representing a means of survival in a world of diminishing resources.

Sean Caverhill, M.D.

GREETINGS ANN WIGMORE:

You asked me about blood balance. The natural acid/base balance of the blood is pH 7.4. Anything below that is a cause for concern, and if it is too low it represents a very acid body condition, which can even result in death. The body should be alkaline and positively charged, for that is the condition necessary for life. Put a little piece of blue litmus paper under the tongue. If it comes out red, the body is acid, and if it turns blue, this is a sign that one's body is in an alkaline state. Blood that is alkaline and has a positive pH supplies the saliva glands with mineral elements which are responsible for this alkaline reaction. This alkalinity caused by the mineral elements prevent acid bacteria from growing in the jaws causing tooth decay. It is also this type of person who has a properly balanced pH, that has inoffensive body eliminations.

The only instrument we used in accepting cases from doctors was a potentiometer. This instrument indicates the amount of alkaline reaction, and the electrical charges from body eliminations. We also used a spectroscope when working with blood, plant juices and soil, as it elicited a great deal of the kind of information which is essential in diagnosing conditions of the blood. If the blood has the right pH reaction, (whether brought about by food or other preparations), it will make natural antibodies and supply the proper electrical impulses to every cell in the body so that we can live a contented life and resist disease. Wheatgrass and other grasses produce these reactions.

Blood provided with complete nutrition will destroy invading microbes almost as fast as the eye can see them under a microscope. Visitors to my laboratory, and especially medical men, would sit fascinated before the microscope, as they observed the affects of introducing disease producing bacteria onto the slide containing the specimen of good blood. It was like putting a terrier in a cage of rats. Instantly the white blood cell phagocytes would attack the microbes and rapidly destroy them. If the germ or virus was large and difficult, other blood cells would rush to the battle, or they would pass through the vessels into the adjacent tissues to complete the chase. It seems that wheatgrass is a favored plant. Wheatgrass has valuable enzymes and minerals, particularly calcium phosphate (which is necessary for efficient mental processes). The difference between life and death in some cases is a lack of positive elements in the blood to sustain the life giving processes. Health is the result of high quality food, which maintains the desired pH balance, results in high osmotic pressures, and provides complete nutritional needs, all of which inhibits the growth of germs and viruses.

late Dr. G.H. Earp-Thomas of Bloomfield Research Laboratory

TECHNICAL ADVISOR TO ANN WIGMORE - Harvey Lisle, Norwalk, Ohio -Sep. 1980

I graduated in 1937 from Ohio State University, where I had majored in chemistry. After getting out of the U.S. Air Force, I worked as a chemist for an agricultural laboratory (the Brookside Laboratory) where I tested soils and animal fodder, and subsequently I worked as a food technologist for 15 years. At the same time, I took up my avocation of testing food for human consumption.

My chief diagnostic tool for testing foodstuffs is "paper chromotography". Paper chromatograms are mediums for telling whether or not a food has been raised organically or naturally; whether it is full of life forces or devoid of life forces. While this testing method gives only basic answers, these are basic answers essentials to a "grass roots movement" of people interested in a more natural lifestyle.

Ann Wigmore, with her lay organization, is a prime example of a person needing the kind of help ordinarily unavailable from any professional source. I agreed to help her in those areas where I felt qualified. Such help has always been rendered out of love for humanity and not out of love for remuneration.

One of the keys to Ann Wigmore's program is living food and this includes the raising of wheatgrass, and the consumption of wheatgrass chlorophyll. With the help of my experience and testing methods, we were able to devise with Dr. Ann, what we think is the optimum method for raising food indoors which yields the highest grade of chlorophyll, vitamins, minerals, and enzymes from greens and wheatgrass.

Ann Wigmore asked me to formulate a salad that would be complete in food values, including proteins. This research didn't involve laboratory facilites, but required the use of books and tables, which gave such diverse information as amino acid values, calories, percentage of fat or carbohydrates, life energy (resistance), etc. Such a salad was formulated with the provision that if a person was still hungry or had a craving after eating, that person was allowed to satisfy his/her appetite with other vegetarian food that was easy to digest.

There were a number of what I would call minor problems, which Dr. Ann asked me to address. For example, almost everyone likes watermelon, but almost no one eats the white meat or the inner rind which borders the red fruit. Analysis proved the white portion to be very rich in nutrients. Eat it for all-around benefit. As is widely known today, the minerals and vitamins, as well as the enzymes, for all fruits and vegetables, are located predominantly in rinds and skins and are immediately underneath them.

Another major key to Dr. Ann Wigmore's Health Program is enzyme-rich fermented foods; seed sauces and cheeses, and a drink called Rejuvelac. She never told me how she came to develop this most beneficial beverage, but she told me how it is made and asked me to find out all I could about it. I found that Rejuvelac shows immediate good results. It is simply a drink of fermented cereal grains. Fermentation of grains creates a high enzymatic activity, so those people in ill health or with poor digestion benefit especially from drinking this slightly fermented health drink.

WHAT IS REJUVELAC

Rejuvalac is a mildly fermented drink that helps with digestion problems. It is made by soaking sprouted soft wheat in pure water for about 24 hours to allow fermentation to take place.

Health promoting and simple to make, it requires no special equipment for its preparation. At the Ann Wigmore Foundation, we normally use at least one quart of rejuvelac per student daily, although the amount may vary according to individual needs. We also use it in many of our recipes, preventing oxygenation when food is blended. Rejuvelac replaces the many soft drinks which have no nutritional value. Soft drinks create addictions to sweets and the artificial flavorings can cause hyperacidity or low blood sugar in children.

Dr. Harvey Lisle, a food research chemist, who tested rejuvelac for its nutritional value, has this to say: "Rejuvelac is rich in proteins, carbohydrates, dextrines, phosphates, saccharines, lactobasilli, saccharomyces and aspergillus. It has the means to break down large molecules of glucose, starch and glycogens." Rejuvelac assists and improves the digestion, due to the fermentation process. It is also filled with vitamins B, C and E and enzymes. An interesting point about vitamin E is that it is a youth vitamin; the greatest aid in bringing about health and youth, because it reduces the need for oxygen, resulting in increased energy levels. This vitamin has been proven to extend the life of animals about 40%. It also restores sexual potency and shields against air pollution.

Fermentation is an important key to health and youth, for it is an easy-to-digest way to be certain the body is getting enough enzymes. Fermentation is the decomposition of organic substances, produced by the action of living organisms. During the process of fermentation, complex proteins, starches, and fats in foods are broken up into simple compounds. These are called predigested or partially digested foods, which are easily assimilated by the body with a minimum of digestive effort. The energy usually required for the digestion of food is available for mental productivity with the accompanying benefit of a more alert mind.

This is why fermented foods are utilized in the Living Food Program. The most popular fermented foods are Rejuvelac, sauerkraut, and fermented seed dishes, which provide protein of great value. These foods are included in the program for three reasons: They are rich in enzymes, and rich in predigested protein and lactic acid. Enzyme foods are easier to digest even when not chewed well. The enzymes provide the life-force needed for a healthy and balanced body and mind.

A DIFFERENT APPROACH TO THE VITAMIN QUESTION

There has been more research work done on vitamins than any other component of food and yet the basic facts of vitamins are almost lost upon both researchers and laymen.

It is necessary to recognize "living forces" as separate and apart from materialistic concepts. It is impossible to analyze or separate out vitamins. The vitamins are something immaterial - a "living force". Foods rich in vitamins such as wheat grass or carrots take in the "living forces" so that the "living forces" are integral with the wheat grass and carrots and cannot be separated from them. The "living forces" may be lost but cannot be separated out.

What is the main source of this "living force." The main source is the sun. We think of the sun's rays as light rays but in reality many different types of rays come into the world from the sun which are not visible to us. The infra red rays and ultra violet rays are examples.

Foods rich in vitamin A are those rich in "warmth" such as oils and seeds. Warmth derives from the sun - mostly from the infra red rays of the sun.

Foods rich in vitamin C are those rich in "light" such as green leaves (wheat grass). Light derives from the visible rays of the sun.

WHY IS MEAT PROTEIN NOT HEALTHY?

Meat protein forms uric acid, increases acidity and putrefaction, which lead to many degenerative diseases such as arteriosclerosis, and heart disease and premature aging. The build-up of toxic waste clogs and puts stress on the kidneys, etc.

There are also chemicals being used in the process of raising the animals for human consumption. Chemicals are also added to luncheon meats, which

are required to have a long shelf-life. Many of them are linked to cancer; for instance, DES, used for fattening cattle. The nitrates found in smoked meats are linked with stomach cancer. The high amounts of estrogen injected into poultry are strongly suspect in causing hormonal imbalances.

Scientific research has been done to verify the fact that human beings are not biologically meant to eat meat; one indication being that we have very long digestive tracts, whereas true carnivorous animals have very short ones, in comparison. In vegetarian humans who eat no animal products, we can find living proof of extended lifespan, when comparing the lifespans of various cultures around the world. Prime examples are those of the Hunzakuts and Bulgarians, who, on low-meat diets live to be a health 90 to 100 years or more on the average, whereas the Eskimos, Lapplanders, and Greenlanders, who are on high meat diets, have a normal lifespan of only 30 to 40 years.

REPLACING MEAT PROTEIN WITH SEEDS AND NUTS

Seed protein is concentrated food. Through the process of fermentation, the seed proteins become much easier to digest as they are broken down into the amino acid components which are easily absorbed by the digestive system. Our main protein source should be in a live state to assure easy digestion.

You can experiment with different nuts and seeds for differing tastes. Sesame has a sharp taste, almonds are sweeter, sunflower seeds give a more bland flavor. Peanuts are very hard to digest. I always sprout grains and seeds before using them.

Sprouted seed cheese has many uses. It can be added to salads for interesting creamy concoctions, mixed in various seed loaves or added to green drinks. Use over fruit salads or mix with Rejuvelac to be used as a between-meal "pick-me-up".

Enzymes in fermented protein help bacteria such as lactobacillus assist in the process of digestion. Lactobacilli, in turn, give off lactic acid, a natural astringent, which helps our large intestine to maintain its natural, healthy, vitamin/enzyme producing environment. This leads to a clean colon, where harmful, disease-producing bacteria are unable to survive. The easy-to-digest protein builds health which enables the body to heal itself or to strengthen the immune system to fight off infection and disease.

Remember to be careful not to overeat on this type of protein as it can be too much for your system. Much of your nourishment comes from sprouted greens, juiced, blended and whole, so it is not necessary to have a lot of seed

cheeses, loaves, or "nuggets". Everyone is different and will have to make their own judgment as to what is best for them. The more active you are, the more you will need. If you are bedridden, then very little should be consumed.

Dear Ann:

I so much appreciated your activities, which are always of interest to me. You never age, and I am trying hard to keep up with you. If you live to be 100, I will only be a few years behind. I am retired from making a living (money), but very active in making a living (health).

I am convinced that if there is any 'secret' to your methods, then it is to be found in living food solid enzymes, and in our own enzymes. The enzymes are the depository of the cosmic life forces. I have a number of books on enzymes, e.g. "The Status of Food and Enzymes in Digestion and Metabolism," which was recently republished under the title "Food, Enzymes and Longevity." Living food is the key to youthfulness. Eating living food and making it easy to digest through blending can be the problem solver for people with allergies such candida, lupis and aids.

With my best wishes, Harvey Lisle

WHAT CONSTITUTES LIVE FOOD?

Nature provides foods that are made up of a number of elements. During the process of growth these elements are extracted from a balanced organic earth. The need for an organic, healthy, balanced and rich soil, is that it contains over 100 elements. These are the same mineral elements needed by the body, to be completely healthy, and in balance. The secret to a balanced, healthy soil, is that it must contain earthworms, which are the little factories, that are able to remineralize the soil.

Water, composed of hydrogen and oxygen is contained in varying amounts in natural foods and is indispensible as a solvent in the physiological functions of the body and is a prerequisite of all life on this planet.

Nitrogenous compounds, chiefly found in the various forms of protein available for our body's use, have a highly complicated organic structure. They are composed of: Carbon (50% - 19%)(?? Is this the right number?), Oxygen (19% - 24%), Hydrogen (6.6% - 7.3%), Nitrogen (15% - 19%), Sulphur (0.3% - 2.4%). The more complex forms of protein also contain small quantities of phosphorus. There are about 100 elements in the earth and these elements need to be in the food we consume. Otherwise our food is not actual nutrition, and does not provide actual nourishment.

Proteins are needed for growth and for repairing the tissues, after they have been subjected to wear and tear. If taken in larger quantities than required, the surplus has to be made into liver-sugar, or liver-starch (glycogen) and often into fat. The extra amount of protein means overwork for the liver and kidneys and increased blood pressure. About fifty different proteins have been isolated and studied: they are all made up of compounds of simpler chemical structure, called amino acids. Amino acids can be crystallized and do not show the colloidal character of the protein molecule and are therefore easily dissolved. In order to be complete, the protein molecule must contain all the essential amino acids, etc. Only living food, organically grown, can provide these in an efficient form, without clogging up the system with a large amount of metabolic waste; byproducts of the process of having to break down the complex protein structures found in other protein sources.

Non-nitrogenous compounds exist in the form of carbohydrates, fats and organic acids. They are composed of three elements: carbon, hydrogen and oxygen. The carbohydrates are chiefly products of the vegetable kingdom, such as sugars, starches, dextrins, cellulose, gums and pectins. In the milk of the mammals we find a considerable amount of milk sugar. Carbohydrates, as they exist in nature, especially in the form of fruit sugar, are the most economical source of heat and energy. In that respect, they are much superior to protein, although they are supposed to furnish the same amount of calories, 1,800 calories per pound.

Fats are found mainly in the seeds of plants and to some extent in the leaves and skins, and in certain fruits, like the olive and avocado; they also exist in most of the animal food products. Fats are richer in carbon and hydrogen than both proteins and carbohydrates, and yield more than double the amount of calories, or about 4,000 calories per pound.

Vitamins whose chemical composition is not yet fully known, are developed in the protoplasmic structures of the vegetable kingdom. They are intimately connected with the processes of life and growth, but they can only be active when all the body-building elements are present. **We cannot, therefore, study the vitamins by themselves, without paying proper attention to the other food constituents.**

Organic salts play the most important part in our nutrition and as long as this fact is not recognized, there will continue to be much deplorable guess work as to cause of disease, as well as treatment. Organic salts are generally included under the generic title of "mineral matter" or "ash," with no specification of the different elements and their physiological functions, as if detailed understanding of their different varieties and properties were of no consequence. This is evidence of the distorted perspective we have about nutrition.

Dear Ann,

This letter will be an answer of sorts regarding your questions on pet foods. It will contain many stories and information.

Meat scraps or a meat meal is most usually dry-rendered. The waste meat by-products are cooked in an open stem-jacketed vessel until the moisture has evaporated. Then the fat is drained off, the solid residue is pressed to remove as much of the fat as possible, and the dry residue is granulated or ground into a meal. Sometimes meat scraps or meat meal is solvent extracted to remove more of the fat. So you now understand that the original moisture and fats have been removed from these foods. Undoubtedly other important food ingredients were unavoidably removed at the same time such as the water soluble vitamins, fat soluble vitamins, minerals and enzymes.

As is the case in so many of our refined foods such as bread, the food processors try to put back many of the things which were removed. These pet foods have had synthetic vitamins and trace minerals added but they can never take the place of the genuine ones removed in the dry rendering process.

These pet foods are loaded with preservatives. They are: propylene glycol, BHA, BHT, para-aminobenzoic acid, sodium benzoate, potassium sorbate. No wonder they would not spoil when laid out in your kitchen for 3 or 4 weeks. They have been embalmed. The packaging material on the Gaines Burgers and Ken-L Ration was poor. The pet foods are so loaded with preservatives that they don't even need to be well-packaged.

Other chemicals have been added to these pet foods: artificial coloring; softeners such as glycerol mono-stearate and mono and diglycerides; phosphoric acid, iodized salt, the many trace minerals and synthetic vitamins.

It is a wonder that the pets can live on them at all. If there is one simple explanation to the cause of rheumatism and arthritis, it is stale food. This pet food is as stale as a food can get, so it is no wonder that you mentioned you got many reports of pets having arthritis and rheumatism.

Since it is both difficult and expensive for people to get fresh food for their pets, they will ask you for suggestions. Dr. Frances M. Pottenger of Monrovia, California, performed a classic experiment using cats. He worked for ten years with 900 cats. To summarize his ten years of work takes only ten words: A DIET OF COOKED FOOD FOR CATS CAUSES ARTHRITIS INVARIABLY. My suggestion is to feed the pets sprouts. I know a man who raised barley sprouts commercially for horses. He had

great success with restoring fertility to impotent studs. A friend thought that if these sprouts were so great with horses, they might also be great with dogs. He fed them to dogs with wonderful results. So I would suggest either rye or barley sprouts for dogs and cats. These sprouts should be better for animals than wheat sprouts. The sprouts would serve as a supplement to the commercial pet foods fed.

If you would like for me to go into more detail on some of these points, let me know. I have just hit the high spots.

Love, Harvey.

Dear Ann:

As I understand the problem you posed over the telephone, your patients who have Candida are not able to injest Rejuvelac.I do not know very much about Candida other than what Dr. John Whittaker has written about it in ACRES, U.S.A. Dr. Whittaker is a veternarian who is concerned about the number of farm animals suffering from Candida. It is a disease which comes from eating moldy feed. For that reason the farmer should exercise care in properly storing his feed so that it does not become moldy. Some animals after contracting Candida exhibit further aggravated symptoms when they eat moldy feed.

If we can translate animal behavior into human behavior, then your patients contracted Candida by eating some moldy food. Peanut butter, for example, is notorious for Candida molds. When your patients ingest Rejuvelac they exhibit an antagonistic reaction which suggests the Rejuvelac has some mold in it.

I reviewed carefully the method you use to make Rejuvelac in your little green brochure entitled light eating for high energy. The first and mayby the most significant flaw I found was the direction: "2: Drain (do not rinse) and let sprout for two days." I always rinse my sprouts twice a day, morning and night and leave to drain. The moist wheat berries make an ideal medium on which mold can grow and you give the mold 48 hours to grow before covering the berries with water. It takes only about 7 hours for some types of molds to grow so you are giving your berries lots of time for the molds to grow. When I wash my sprouting wheat berries twice daily I am trying to wash off any mold which has started to grow. I do want to talk to Dr. Whittaker about your problem and if I can learn anything more of interest to you I will pass it along.

I realize that I have not given you a definitive answer to Candida but I doubt if I ever could. All I can do is to make a few suggestions which I have done. If I learn anything more I will write to you.

Love, Harvey.

INTERVIEW WITH BILL MYERS JR..

DR. ANN: Regarding your family, what do they eat?

MR. MEYERS: My name is Bill Meyers. We've been on a live food diet for about 2 1/2 years. We first got introduced to the Live Foods Diet at the San Diego Health Institute, through Ann Wigmore's books. There's four in our family; two boys, they are seven and nine now.

DR. ANN: Did they find it difficult to adopt this new lifestyle?

MR. MEYERS: We took them to the San Diego Institute for the first time on a Sunday tour dinner. I told my boys that if they ate everything on their plate, I'd give them a dollar. They liked the food. They had eaten meat before, but went right for the Living Food. They celebrate New Years drinking wheatgrass juice every year.

DR.ANN: Do they complain because their diet is different from their schoolmates?

MR.MEYERS: No, they are proud of what they eat and share it with their friends.

DR.ANN: What kind of sickness have they had?

MR. MEYERS: Before they got on they got on the Living Food Diet they used to have congestion, because they were on milk, and had colds and flu. Since we've gone on the Live Foods diet they are never sick; they are healthier, stronger, and have more energy.

DR. ANN: Are they more adaptable in their behavior? Do you see a difference in that?

MR. MEYERS: Oh, yes. They are calmer and more intelligent. The seven year old is in the fourth grade and the nine year old is in the fifth grade. One is one year ahead and the other one is two years ahead. They've got so much more energy and are so much more alert.

DR. ANN: Do they get along with the others when the others are eating differently? Does it make any difference to them?

MR. MEYERS: No, because they are more excited about the foods that they eat. Their friends know that they are stronger and healthier and they want to learn more about it, so their friends always want to trade them for the stuff in their lunch.

DR. ANN: You must have been a good example to them, for them to be doing so well, what do you think?

MR. MEYERS: I believe you have to be an example of what you want your kids to do.

DR. ANN: How did they accept the food; was it because you said that it was good for them, or because you explained what it was?

MR. MEYERS: We explained it to them, and told them how good it was, all aspects of it; educated them rather than just saying you have to eat it. We ate the same diet they did, and it was a slowly evolving process. We didn't change overnight. We would help them understand why we were doing this.

DR. ANN: Did you first personally evolve to a healthier lifestyle, before they took to it as they did?

MR. MEYERS: We used to watch television, and all the junk stuff was on T.V. The kids used to say, "garbage, garbage, garbage." We would take them shopping in the store and they would say, "garbage, garbage, garbage." We would be in the aisles and the check out line and they would say, "Look at all the people buying all that garbage."

DR. ANN: In other words, the children take very seriously what you say about what you are feeling or experiencing?

MR. MEYERS: You can't fool the kids because they know whether you believe it or not.

DR. ANN: You are sincere. And they see other kids being sick, too, so that's a big help. I appreciate this, because a lot of people say, "It's all right for me, but the children will not do it."

MR. MEYERS: That's because they put that thought in their kid's mind from the beginning.

DR. ANN: They are afraid, I think.

MR. MEYERS: If your kids grew up with the diet, they would think it's a normal diet.

DR. ANN: How long has it been since you changed to a Living Foods lifestyle? How old were the children?

MR. MEYERS: The youngest was 4; that was two and a half years ago.

DR. ANN: That's kind of a difficult age, too.

MR. MEYERS: Well, he was very carnivorous before; he didn't want to eat the vegetables. And now, he's totally the other way.

DR. ANN: That was a difficult time because his brother was older?

MR. MEYERS: They both changed at the same time.

DR. ANN: Some people say, "My son took to it but not my daughter," as if there was a difference in the children.

MR. MEYERS: I believe it's a matter of educating them.

DR. ANN: I do too, I always did. People don't realize how important it is to educate their children, in changing them.

MR. MEYERS: It's the cheapest way to live.

DR. ANN: How much difference does it make in your food budget?

MR. MEYERS: One-quarter.

DR. ANN: I thought that's what it was.

MR. MEYERS: I think God put that diet here because even the poorest people can afford to live on it.

DR. ANN: We have wasted our land and our resources. From one tiny seed you can grow ten sprouts. It takes one acre of land to raise flesh food; that yields five pounds instead of the hundred pounds of protein that seeds can make. Imagine that. They are saying, "What are we going to do with more and more people coming?" Well, there is a solution. But first,they are going to kill some of them off with radiation, irradiated food now. I already tested this living food about fifteen years ago. It's good because you don't have to have refrigeration. I know this is one of the things good about being in touch with nature. You can keep anything on a counter, fresh for months. Even cooked food spoils and it's supposed to be dead.

MR. MEYERS: You can put grain for months on the counter and it won't spoil.

DR. ANN: Well, grain is different, because it has its own protection, seeds too. That's why we believe in sprouting it, because your grains and seeds have inhibitors, which serve as a protection, just like the baby has protection in the mother's womb. The minute you moisten it and add warmth, it begins to release the sprout. Rejuvelac takes two days, or three. We are wasting more cooked food because we don't absorb it, don't utilize it, and what happens is that you need so much more.

Don't you eat less? How much less do you eat now? Compared to what you ate before?

MR. MEYERS: Probably at least 2/3rds less.

DR. ANN: Because before your body cried, "More, More" and you always overate. This was because your body wasn't getting enough nutrition, so your body was always hungry. That's why you see so many fat people. You see fat people all the time.

MR. MEYERS: Most of them are meat-eaters.

DR. ANN: Even some vegetarians are fat. They eat too many dairy products and sweet stuff.

DR. ARTHUR ROBINSON JOINS THE LIVING FOOD LIFESTYLE

Dr. Robinson, who received his Ph.D. in Chemistry from the University of California at LaJolla in 1967, helped to found what is known today as the Linus Pauling Insitute of Science and Medicine. Robinson, who had been doing research on Vitamin C and its effect on cancer, was amazed by his initial findings on the healing powers ofraw fruits and vegetables. He is, therefore, joining as research consultant on living food.

G. Datey, M.D.

Bombay, India

I'm honored to have known and worked alongside Ann Wigmore in my country for some time. In our research here we have seen dramatic and remarkable results using live foods, sprouts and especially wheatgrass...
As a researcher and a physician I have looked into many diets and health regimes over the years and I highly recommend the Live Food Program as one of the healthiest diets on Earth.

HOW TO INTRODUCE VEGETARIAN FOODS IN SCHOOLS AND COLLEGES

QUESTION: I have heard that many college nutritionists are serving vegetarian meals on campus. Is this true?

ANSWER: Yes, they have begun to serve meals that are not as rich in oil, and they have cut down on the red meat.

At Loma Linda University in California they have started serving meatless meals, and their initiative has even spread to the hospitals in the town, which are also beginning to provide vegetarian offerings. There is a definite trend turning in that direction. This year we have made some very important changes towards helping young people to better health, by a new emphasis on diet. They have learned the benefits of running and exercise. Now they are coming to the very foundation of better health, by learning of the importance of better eating habits. But still there is a lack of understanding why these steps are so necessary, for there is a lack of understanding of what is meant by "nourishment". I believe the time is coming when schools and colleges will have much stricter nutritional standards in their cafeterias, for they will start paying attention to the importance of good nourishment. And furthermore, they will find this new awareness of the importance of nourishment will have a big effect on the present drug crisis.

Newspapers, radio, television, and magazines, especially "USA Today", are bringing out the news that today's youth is very soft, not only physically, but mentally. They have difficulty in studying, and they use drugs, consume a lot of alcohol, and are hooked on cigarettes. All these addictions are a result of an unbalanced lifestyle, and poor eating habits which cause nutritional deficiencies. In other words, all these addictions come about, because today's youth are out of tune with both themselves and with nature.

QUESTION: My friend works in a cafeteria in Ohio College. She's interested in introducing better nutrition for the students. How can she go about doing such a thing?

ANSWER: My first suggestion would be that she should gradually introduce the concept of a healthier diet and lifestyle. She could offer a class called: "Easy To Digest Nourishment Through Dehydrated Foods and Snacks". It would just be a first step, something to teach them how to prepare snacks that are healthier and actually taste better. I don't think that any change can be done quickly. But gradual change is possible through education and exposure and workshops in schools.

QUESTION: Is there a lot of scientific evidence in support of Living Foods?

ANSWER: Of course there is. There are many experiments being done, both with animals and human beings. Animals have been found to increase as much as twice their size in a matter of six weeks. While humans have overcome their problems -- all done under the control of medical doctors -- in a very short period of time.

The scientific data is not fully accumulated yet, but there are now many doctors who have given up on the use of drugs, and are successfully treating people with medical problems, guiding them back to health using Nature's way. We are seeing everywhere, increasing evidence that living foods are the only solution to physical and mental problems, or the many other destructive habits that people are afflicted with, such as alcohol, drugs, smoking, etc. Living food is the solution and the prevention, and the living food lifestyle is also economical, time conserving, energy conserving, and above all helps to maintain the body's health. Living food is eaten for nourishment in contrast to most of the other food now consumed in our country which is hazardous to one's health and harmful to the body.

QUESTION: Is rebounding on the trampoline, a good form of exercise?

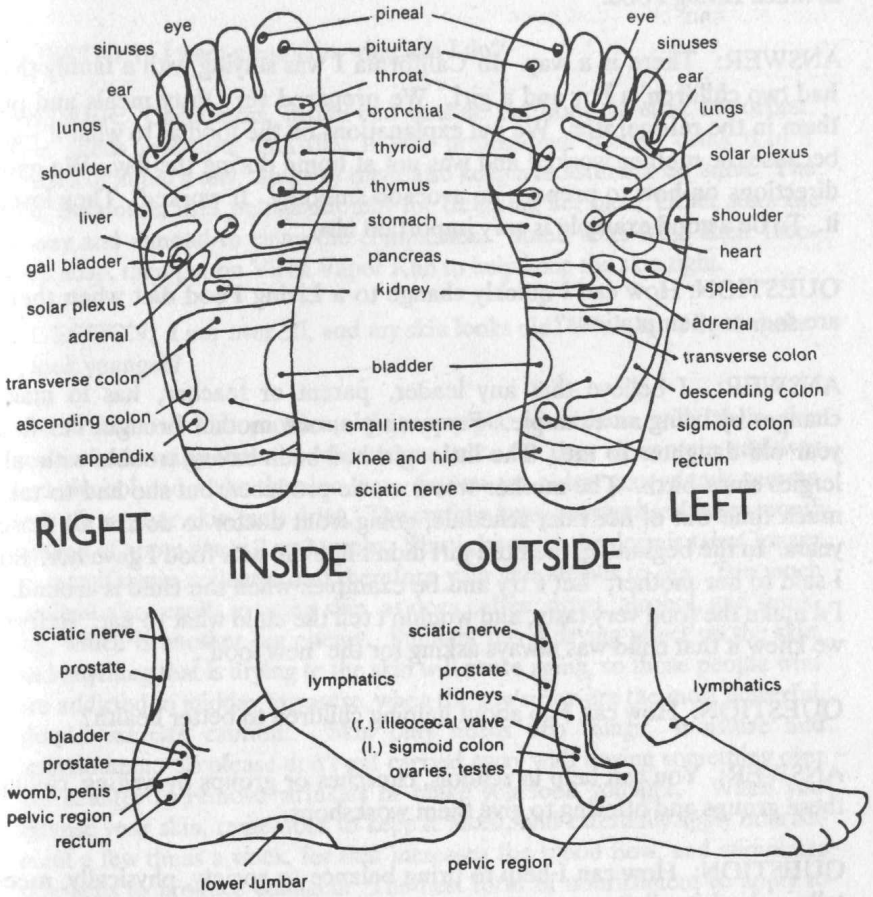
Rebounding is an effective and efficient means of exercise when time for running, walking or other kinds of exercise is not readily available.

Excellent for the lymph and cardiovascular system, this exercise also helps to improve posture and restore muscular firmness. The American Olympic coach, Harry Schneider, embranced bouncing as an essential part of training for all his athletes at the 1983 Los Angeles Olympics. He claims that such exercises gives the cells needed stimulation.

The cells are microscopic canoes, each floating in watery fluid, and discharging waste and carbon dioxide, unused protein, and fat, which if left to collect in the blood stream, through lack of stimulating exercise, causes disease in the lymphatic systems. Rebounding helps the cells in this waste disposal. The cells, as a result of stimulation from exercise, experience a much quicker elimination of toxic wastes, by oxygenating each cell. And this gentle exercise, also causes a more efficient elimination of the cellular waste once in the bloodstream.

In addition, Endomorphines, also known as the "happy hormones" are released into the bloodstream through this aerobic exercise, result in a feeling of well-being, serenity, and freedom from stress.

FOOT MASSAGE CHART



Pain in any of these areas could indicate problems with those organs. Almost everyone today will feel some pain when rubbing their feet due to crystalline deposits carried there by gravity over the years. There are also about 72,000 nerve endings on the bottom of each foot as well.

The aim of foot massage (often known as "reflexology" is to break up the tiny crystals so they can be reabsorbed into the blood for removal by the eliminatory system, thus restoring the uninterrupted flow of nerve energy to all parts of the body. Practice with the fingers, thumbs and knuckles. Begin by loosening the feet and toes. Gently but firmly, pull on the toes, twist them, twist the foot, squeeze all parts of it and warm it up. Now work on the rest of the foot pressing spots, working out some of the pain and returning to those areas a minute later. Don't forget the top of the foot as well. Rub the areas between the webbed bones and the lower ankle.

QUESTION: How can I make tasty meals? My two young boys come from school and demand that I have some conventional food for them to eat. I've been trying to have Living Food and ordinary food. They do not take as much Living Food.

ANSWER: There is a way. In California I was staying with a family that had two children, a boy and a girl. We prepared very tasty meals and put them in the refrigerator. We put explanations on the food as to what it was, because the mother worked and was not at home during the day. We gave directions on how to prepare an avocado smoothy. It worked. They loved it. To be a good example is very important also.

QUESTION: How can I quickly change to a Living Food diet when there are so many temptations?

ANSWER: I believe that any leader, parent or teacher, has to make changes by being an example. For example, one mother brought her four year old daughter to me. The little girl had been having trouble with allergies since birth. The mother was a movie producer, but she had to take much time out of her busy schedule, going from doctor to doctor all those years. In the beginning, the little girl didn't like the new food I gave her. So I said to her mother, "Let's try and be examples when the child is around." I'd make the food very tasty, and wouldn't tell the child what to eat. Before we knew it that child was always asking for the "new food".

QUESTION: How can I go about helping children to better health?

ANSWER: You can help in schools, churches or groups by writing, calling these groups and offering to give them workshops.

QUESTION: How can I help to bring balance to society, physically, mentally and spiritually?

ANSWER: By teaching others the importance of nourishing, easy to digest, balanced food. Each person must first take the responsibility for their own balance and attunement with nature, but once individuals adopt a healthy lifestyle, they can share their knowledge of nourishing, easy to digest food, and this will help bring about a new society. I feel that in a period of three or four years tremendous changes can and will take place if we all pitch in and work through education, and by being examples for others.

QUESTION: I am having trouble with my dog and my birds. They have stopped singing and they seem to look healthy.

ANSWER: I'd like to suggest that you do some experiments with your pets. I have done some successful experiments with my pets, using Living Foods. Recently, I had a little canary, and that little bird ate buckwheat every day, and I could never get her to STOP singing.

QUESTION: I want clear skin, what can I do?

ANSWER: Cleanliness, inside and outside the body, is most important. Skin needs moisture, and that is why professional models drink 6 to 8 glasses of liquid a day. Some of them also keep a moisturizer on hand. The star Belafonte, uses petroleum jelly for cleansing her face. Other stars use honey and almond to clean the complexion. Some stars wash their faces with soap, then put on Vicks Vapor Rub to help keep the skin tight.

QUESTION: I am over 50, and my skin looks old. What can I do to make it look younger?

ANSWER: The problems that people often have with their skin comes from using store bought creams, etc., for they all contain additives and alcohol and make the skin dry. As you get older, your glands secrete less oil, so your skin feels drier. The surface layer renews itself every month instead of about every 2 or 3 weeks. This is because the dermis takes longer to manufacture collagen, and therefore your skin begins to sag. Too much sunlight also results in aging skin, as does coffee, drugs, alcohol, and smoking, which is another big enemy. Sunlight has a drying effect on the skin, and anything that is drying to the skin will cause aging, so those people who are addicted to midday exposure, when the sun's rays are the most powerful, should exercise caution. Skin only needs two things; moisture and nourishment. So please don't get carried away with buying something over the counter to remove wrinkles or make you look younger. When you cleanse your skin, remember to keep it moist, and externally apply nourishment a few times a week, for that increases the blood flow, and stimulates skin cells to produce collagen. The best form of nourishment to apply to the skin is a mixture of honey, eggs, coconut, organic fruit, and oatmeal combined with sunflower milk. Also use a peel off mask once in a while. Exercise is a great preventer of wrinkles. Blowing hard and letting go exercises the facial muscles in particular. Lying on a slant board increases blood flow to the head and face and thus can also be important in total skin care. There are a few things you should do if you want to remain young. If you are overweight, do not go on a crash diet, but drink lots of liquids and only consume Easy-to-Digest nourishment for two weeks, planning your meals with "Energy Soup" as the main course. Never forget that nourishing your body from within is the key to overall health, and this also includes a healthy skin. This is the reason why the Living Foods lifestyle and Easy-to-Digest nourishment, along with colon hygiene are the keys to youthfulness at any age.

Here is my personal beautifying program. I used soap most of the time, but once in a while I use honey or a facial pack. After each washing I always put on the same kind of oil to keep my skin moist. Regarding hair care, just like the stars and models I am very careful. Christie Brinkley uses mashed avocado. Experts say it is important to use a mild shampoo. Lemon can be used as a hair conditioner.

QUESTION: I have had gum disease for five years, and I am only 25 years old. What will happen to my teeth?

ANSWER: Gum disease generally leads to tooth problems, and overall weakening of the body. You yourself have to correct your condition by making a dietary change. It will not go away unless you make changes in your lifestyle and your eating habits. For example, smoking can destroy the Vitamin C that your body needs for healthy teeth. Refined sugar foods are a breeding ground for undesirable bacteria which destroy teeth, bones and gums. Your body needs Easy-to-Digest nourishment in a balanced form. Gum problems are a signal that the body is in an excessively acid condition. Overacid conditions can be corrected in a few weeks by including watermelon, sprouts, greens,and sweet fruit in your diet, and drinking lots of rejuvelac. Drinking lots of fluid is very helpful in overcoming the toxic condition. Sprouts and greens remove the nutritional deficiencies for they replace the missing elements the body needs. Energy soup again seems to be the key.

QUESTION: What does bad breath indicate?

ANSWER: I have always found it to be a symptom of a toxic body. Some doctors say that 95 percent of the people who have halitosis, have problems with their inflamed gums. A filmy tongue is another cause for bad breath, which is often caused by inadequate digestion. Dr. Tonzevitch says that the combination of impaired digestion and an overload of toxins taken in from the environment and from one's unnatural diet, result in the blood needing an extra source of elimination through the lungs, which causes halitosis in the mouth. The impaired digestion is brought on by a shortage of digestive enzymes, preventing food in the stomach from being digested properly. The doctor has also suggested that brushing the teeth after meals, and brushing the tongue each morning can reduce the bad breath considerably.

QUESTION: Why am I losing my hair?

ANSWER: Hair falling out and becoming gray, are sure signs of toxemia and deficiency. Toxemia seems to be the main cause. Hair problems are signs of health problems. If you can accept this simple truth you can move into a healthier lifestyle. The causes of the existing problems must be real-

ized and then addictive behavior must be faced and overcome. Addictions can be overcome through living food. Age has nothing to do with sickness. You can become old at any age. Hair graying or falling out is your body's way of telling you that you need to change your lifestyle habits and your behavior patterns.

The colon is our largest digestive organ, and it must be kept clean. Disease cannot live in a healthy body, and a healthy body is a clean body. Colonic irrigations are highly recommended, in addition to enemas, both of which cleanse your body. You must assume responsibility for your life and for colon health in order prevent losing your hair, or it turning gray.

I have been asked whether or not one should use wheatgrass on the scalp. This is an excellent idea! The best method would be to use the juice (as opposed to the pulp) directly on the scalp. However, keep in mind that what you apply externally to the scalp is not as important as the internal nourishment, optimally provided by living foods. And remember that "Energy Soup" is the best form of life giving nourishment available. Taken several times a day this will aid the body in cleansing and will strengthen the immune system for healthy and shining hair.

Use plenty of sprouts, greens, parsley and watercress in your Energy Soups. For the base of the soup use apple or watermelon. Avocado and dulse are an excellent source of calcium. All of these high nutrient sources rebuild the body's health. The hair will benefit just like any other part of the body would benefit from an general upgrading of one's health to an optimal level. Thus when you eat easy-to-digest nourishment in a balanced form and are thus restoring your health, your hair problems will correct themselves.

ANSWER: Repeat the following affirmations throughout the day and remember to actually feel their truth: "I have untangled myself from the surrounding conditions. Now, I am experiencing floating on God's love. I know I'll be guided, and will be given wisdom about what I need to do to carry out my commitments in a true and noble way. I will not allow negative thoughts to drain my energy unnecessarily. I will share unselfishly with those who are desparate for the truth. The most precious truth and the only reality are God's ways as expressed through Nature." These affirmations can bring a tremendous amount of well-being, joy and fulfillment to those who will take the responsibility for cleaning out their bodies and minds and accepting a better way. In order to experience the truth of these affirmations we need to understand God's attributes. For some time I have realized the truth of God's nature. God is the universal mind, which shapes things into being with its energy. God only produces things which are useful

and good for His family. Yet contrary to this energy, is the physical mind, which enters the picture, and generally thinks and acts in opposition to that goodness or Godness. The physical mind's freedom of choice has been given to the human being, but not to the rest of God's creations. My belief is that this freedom given only to the human being, provides a chance for the growth and evolution of the soul. The human being has been given guidelines in the form of Jesus' life, which has become an example for all humans to follow. I am explaining this truth with the assurance that it cannot be any other way, and this becomes clear and evident when we work with Nature and accept responsibility for our own actions. This God within us, which is the presence or voice of Jesus, speaks or guides us to the unfoldment of Goodness or Godness. It depends on the spiritual level reached by the individual soul, how much guidance it is willing to receive. Every soul seemingly has the willingness to be guided. But with all the outside exposures and temptations, the soul gets lost and is misled away from the path for a time, however it usually does return after experiencing great suffering.

QUESTION: Why do you blend food?

ANSWER: Juicing does not provide complete easy-to-digest nourishment because it is too cleansing for most people, for their bodies have become excessively toxic from the many environmental and dietary abuses. Juicing also requires much more material, and time generally, and is not as satisfying as a meal. The blending helps the body to clean itself and thus it restores health much quicker than eating the foods just as salads, yet it does not overtax the system with the rapid cleansing action of juices. It seems to be the solution for those 80 percent with allergies. Eating nutritionally balanced food in a blended form is a big help to the immune system and thus even seems to overcome the "so-called" incurable health problem known as AIDS. Most people who have problems with their teeth are not chewing, and they find that blending can be wonderful. This is especially true for older folks who have lost their teeth and babies before they develop their teeth.

We also try to use parsley and watercress, which are high in vitamin C and rich in calcium and iron, as well as celery greens, and red pepper (it adds color to meals). Carrots, beets, cauliflower and fermented cabbage, are the usual accompaniment to the soup meal.

People who use the Energy Soup have had the most outstanding results in just three weeks. One example is an individual, who after two weeks on the Energy Soup, was back on the road to health, after suffering afflictions for ten years, and after subjection to many kinds of unsuccessful treatment. Their body was able to overcome health problems such as falling hair, pyorrhea, which is an infection of the gums, and backbone problems. They experienced strengthening of the backbone, their nails becoming normal and not breaking, and their skin clearing up.

Again, I stress you must always be sure you are buying organic and fresh produce. Buying from your local organic market is the safest way. You may spend a little more money but it is money that would have otherwise been spent on foods inappropriate to the living food lifestyle.

Because over 50% of health problems begin in the colon, we need to understand that the body's wastes need to be eliminated after each meal. If the body is not cleansed and freed from waste, foreign matter and toxins accumulated over years of continual abuse, the body cannot heal itself even with living food. The colon also can store matter from cooked foods, such as uric acid from meat. Drugs generally never get eliminated if one eats cooked food - they may be stored in the body for a long period of time. Some diseases are created by injections or medications. Even though the disease is 'cured', the poison may remain in the body and bring other problems. Rather than trying to supress the symptoms, we need to overcome the disease itself by strengthening the body's eliminative abilities, especially those of the colon. This process helps in strengthening the immune system.

Cleansing the colon of course for many of you will be a new experience. As you get more and more accustomed to releasing blocked passages you will begin to feel lighter and clearer. Think of it as being a pleasant experience.

TESTIMONIAL

My name is Jean and I am from Hawaii, and I was diagnosed as having a malignant cyst on my uterus. The doctor also told me that it had spread to my urinary tract, and he suggested an immediate hysterectomy and then chemotherapy. I did not want the operation or treatment. Before I came to Boston I had been on live food for a while. Since coming here I have done implants and douched with the wheatgrass implants. I've been doing that for the last five days and today I eliminated that big cyst and it was a very large mass. It was about 4 or 5 pounds. I could hardly flush it down the toilet. I was greatly surprised that this healing would happen so soon.

When I get back to Hawaii, I will go to the doctor for an examination. I am real excited about this and to be living this simple and wonderful healthy lifestyle and I will eventually be able to help people. I'll be preparing myself for opening a center in Hawaii such as this one in Boston. I'll be back in June for the Health Minister's Course.

Jean Imhoff, Paauilo, Hawaii

WHAT CAUSES ALLERGIES?

One medical dictionary defines the word allergy as a hypersensitivity to certain foods or conditions causing an upset in the body chemistry and an accompanying variety of unpleasant feelings. Most people are aware of some of the sources of allergic reactions such as pollen, dust, furs and foods. People suffering with allergies are often those who drink milk, take drugs, or eat meat, eggs, fish and especially chocolate; however, hundreds of things besides foods can cause the allergic reaction.

When Dr. Phillips, director of the Allergy Disease Center at the Good Samaritan Hospital in Baltimore, was questioned as to the number of persons suffering from allergies in this country, he said: "Thirty-one million people have allergies; twenty million have asthma; thirty million have very serious nasal inflammations; millions have eczema." He also said that one out of every three Americans has an allergic skin disorder, and that many of these people are thus prevented from seeking employment, not wishing to expose themselves to public scorn. He said that the causes of these allergies were certain foods, dust, drugs, and food additives. Of these, he said that drugs and food additives were the worst causes--drugs such as penicillin and aspirin, and food additives such as saccharine and sodium benzoate. Dr. Philips added that these allergies can also cause other health problems.

When asked why drugs with allergic side effects were still on the market, he said that the Food and Drug Administration was still in an experimental stage and that there was no other way to alleviate pain. He admitted sadly that millions of people die of drug reactions. Dr. Phillips said that the only way to control allergic reactions was through injections which would, in some cases have to be taken for the rest of one's life. Of course these injections are accompanied by harmful side effects, and continued use of them create more allergies. He claimed that the only hope for the future was for the government to spend even more than the $10,000,000 already being spent for research on allergic and infectious diseases. His belief is that if the research were speeded up, then surely more hope would be offered to these sufferers who are now numbered in the billions, worldwide.

Dr. Marshall Fram, M.D., Vice President of the International College of Applied Nutrition, has conducted some new research, and his findings indicate that many people develop colds which are allergic reactions to certain foods or to other substances. Dr. Fram claims that these colds are the means by which the body eliminates something which has a toxic effect, and which it cannot take care of. The elimination achieved by a cold causes the mucous membranes to throw off debris from the body. He also claims that light food in particular is a great help towards the body's elimination and healing.

As a result of Dr. Fram's steadfast and faithful work in the allergy field, he has found there are certain differences in the kinds of colds caused by allergies. He discovered, for example, that when a person has an allergy, the nasal discharge is more or less watery, whereas in other colds the discharge is thick and yellow. He also discovered that a person with a cold generally improves within a week or so, while if the cold is caused by allergies, the cold symptoms continue for a longer period. If the condition improves upon arising in the morning and continues to improve throughout the day, and then worsens at night (with the nasal passages sometimes completely blocked), this is indicative of an allergy. Cold symptoms do not go through these extremes, according to Dr. Fram. He also said that the toxic material could be eliminated by the intake of lots of fluids and by the build-up of the mucous membranes with vitamin-rich foods. Of course, healing is faster when the foods are not only vitamin rich, but also easy to assimilate.

It is encouraging to see that medical doctors are starting to investigate alternative solutions to the use of drugs, and that they are turning towards permanent healing methods that restore the health of the body and don't just focus on symptoms. The new awareness of the medical profession that the body has some ability to heal itself, is indeed a great step in the right direction.

Causes of Allergies:

A toxic condition of the body due to the retention of excessive amounts of waste in the system, is the primary cause of allergic reactions. When the person's system comes in contact with foods or other substances to which he/she is hypersensitive, these substances have the effect of stirring up the toxins in the body and causing sneezing, wheezing, itching, swelling, etc. If the body is not toxic and full of mucous, these allergic reactions will not occur. Thus cleansing the system is of prime importance in ridding oneself of allergies. It is equally important to rebuild the body with easy to digest nourishment. Blending one's food is the optimal method to be used for ease of digestion. This is, of course, what the live food program is all about; cleansing and rebuilding which results in the self-healing of the body, and prepares it for a healthy lifestyle and the enjoyment of life.

Once the body is cleansed it will be better able to assimilate the nutrients in the food consumed, and the sufferer will get to the root of another basic cause of allergies which is nutritional deficiencies. As the live food program is followed faithfully and patiently, any deficiencies in the body will be taken care of and the body will then be able to correct its hypersensitivity to certain substances.

A third basic cause of allergies is digestive problems and I would like to go into this in a little more detail in the Naturama Home Health Care and Di-

gestion Section. The National Health Edcational Committee asserted that more than 80 percent of Americans are bothered with digestive diseases due to a malfunctioning liver or pancreas or due to other disturbances. Over the past twenty-five years, my work in making folks aware of their self-healing potential, has definitely pointed to the fact that digestive problems contribute to other serious ailments. Most people are not aware of the digestive difficulty underlying their serious condition and their complaints; they don't associate indigestion or allergies with their particular predicament. But even the medical journals are now carrying articles which state that people become drowsy after eating heavily. At last they are discovering that heavy meals cause indigestion. And this indigestion is not only a precursor to future serious health problems, but also robs the individual of the vitality, alertness and clarity of mind so necessary in one's daily life.

What Can Be Done About Digestive Disturbances: Let it first be understood that digestive problems go hand in hand with nutritional deficiencies. The best way to handle such problems is to make energy soups a daily habit, to eat plenty of sprouts, greens and vegetables, and to have easily digested fruits in between meals. Rejuvelac, an easily assimilated drink, is a great aid to digestive problems. Also easy to digest are the fermented foods, such as vegekraut, and fermented seed sauces made of sunflower, or green peas. Any kind of seed can be fermented; with the fermentation process, the protein becomes predigested and thus easily assimilated. This type of nourishment will not only help to rebuild the body cells, but at the same time it will help ease the negative mental condition which often affects people with digestive problems. Eating easily digested foods is also the greatest aid to having the kind of alert mind that is able to come up with the creative ideas necessary for successful living.

My suggestion is that you get the Naturama Health Care Lesson on Digestion. Send for it: Learn all about what you can do to help yourself overcome your problem permanently. Dr. Phillips admitted, there are no cures from drugs; the so-called cures are only temporary in their effect, and harmful to the body. Whether you are aware of it or not, all drugs have serious side effects. Meanwhile, if the problems and symptoms of allergies continue to persist, because their actual cause has not been considered, other more serious health problems will soon appear in your body. Don't wait for this to happen, but follow nature's way of getting over your problem permanently. May I add that this last year the Journal of the American Medical Association estimated that 10 billion dollars was spent on laboratory tests alone. Yet, they claim that this sum is still inadequate. That money should be spent instead on education, so that people can learn what they can do to help themselves attain better health and well-being.

Dear ones, now is the time for a transitional way of life. Of special importance to us now is the meatless, spiritual, light eating for nourishment.

Keep in mind which are the most easily digestible foods, the right combinations of foods, and what is needed in the diet for balanced nourishment. This must be individually applied for each person's particular body. Learn to eat the right amount of food to nourish your body, and remember the importance of having a good daily elimination. Liquids in the form of rejuvelac, and greens and sprouts for nourishment are also extremely important.

The spiritual energy of the new Aquarian Age is flowing freely, and appropriately the cleansing of the body is becoming more and more important. A deeper and deeper understanding of spirituality is here as well as a more profound understanding of the connection between spirituality and the living foods lifestyle. The truth is spreading like wildfire all over the world. Let us all help ourselves to a healthy body and an alert and productive mind. Let us then pool our resources so we can use them to aid a suffering humanity.

Let us review and redefine the application and meaning of the living food lifestyle, and the benefits derived by including live food easy-to-digest nourishment in your life.

The *living food lifestyle* is an approach for *total well being, leading towards a happy, prosperous and peaceful life on this planet.*

LIVING FOOD

Is food provided by nature in it's original uncooked state.

Provides your body with optimal nourishment needed to strengthen the immune system thus enabeling the body to overcome any weakness.

EASY-TO-DIGEST NOURISHMENT

Is prepared from seeds, grains and nuts. Methods of preparation include juicing, sprouting, fermenting and ultimately light blending. Fruits and vegetables organically grown are also used.

Foods prepared in this way allows the cells to fully absorb the life force energy produced by the enzymes in live foods.

BENEFITS DERIVED BY APPLYING LIVE FOOD EASY-TO-DIGEST NOURISHMENT TO YOUR LIFESTYLE.

* Promotes longevity in a balanced healthy way

* Will help to rid your body of stored toxins that have accumulated in the bloodstream.

* Body will not be overloaded and will not have to work hard in the digestive process.

* Provides *total well being* so that you may lead a full, happy, healthy, productive life.

* Food bills are reduced

* Increases levels of energy and creativity.

* Strengthens your own inner connection with the universe and your purpose on this planet.

* Increases capacity to relax for more enjoyment

* Allows you to overcome stress and fear naturally

* Saves time in preparing meals

Next, I will share with you a plan of action that will assist any individual suffering from AIDS or any degenerative illness in overcoming their weakness.

1. Feed your body easy-to-digest nourishment. Begin with the energy soup recipe shared at the beginning of this book.

2. Detoxify your body (i.e. colon therapy and enemas) Once the body has released accumulated poisons from the blood stream, the cells can then begin to absorb the essential nutrients necessary to rejuvenate the body.

3. Believe in your body's ability to heal itself.

4. Be aware of your breathing and release any "blocked" energy through the breath (you may consider taking an awareness or breathing class).

5. Relax, and visualize your body in a healed state.

6. Change all negative thoughts into positive ones.

7. Assume full responsibility for your life and for what you put into your body.

8. Establish a direct connection with nature by growing your own sprouts and grasses.

9. Buy only fresh organic local fruits and vegetables - due to non-organic food now being increasingly irradiated .

These are the tools needed to create a healthy environment inside of your body and to strengthen the immune system.

This is a simple approach, are you ready to stop suffering?

Inner growth and unfoldment is inevitable, for as nature grows so must we. If we trust in nature as our strength and as our guide, we will branch upwards, like seeds, flowers, grains, fruits, vegetables, towards the sun creating and renewing our lives. As we let go of the old patterns we have created in our lives and allow the new to enter.

All I can do is to share with you, what I have learned.The single most important decision you have to make is to change your lifestyle and have the strong desire to live. Believing and trusting in your bodies ability to heal itself will speed up the healing process.

Everything is in the bloodstream and goes through your electrical system, it either works or does not work. If there is one part that is impaired the whole system becomes unbalanced thus the deficient or toxic organ that is weakest is affected first.

We need to be in tune with nature our creator, and what better way to do this then by growing and preparing our own life giving nourishment.

As we heal ourselves and improve ourselves we are contributing to the betterment of mankind and the world in which we all live. Presently, we definitly have problems with sickness of and Stress . Many people who are addicted to food, drugs, alcohol, cigarettes or whatever are deficient in some way. When the body is properly nourished cravings disappear.

Being wasteful, ignorant or close minded are truly sins as we have been given free choice as human beings as to how we are to live our lives on this planet. Every minute counts, this planet is ours to nourish. Man has polluted and wasted many of the earth's natural resources. Only as we restore balance by a return to nature in our own lives and bodies will the planet survive in a balanced and harmonious way.

THE CHALLENGE AHEAD - A TIME OF CHANGE

While some people avoid challenges, others thrive on them. Why? For one thing, it takes energy and gumption to meet adversity head on, and to overcome it. Also, it involves questioning our innermost attitudes and views on a given subject. One of the most important challenges we face today, is in the prevention of illness and the achievement of optimal health. And yet millions of people choose not to recognize its importance. We also are faced with crucial political and environmental challenges. Challenges in those areas are also real, but they sometimes divert our attention from focusing on our personal health, especially distracting us from the responsibility for proper eating habits. The first challenge that we must meet, in order to have the energy and efficiency to confront any other challenges is our self-responsibility with regard to personal health care. Meeting this challenge will lead to reorganization of the kitchen, a new awareness of our body's messages, and of our body's needs, etc. The result will be an ever-increasing vitality and well-being.

As a biological being, your body thrives when you return to Nature's ways; when you return to wholesome live foods. Your body instinctively appreciates the beauty of all plant and animal life, for as the television commercial says: "You can't fool Mother Nature." In other words, we cannot continue to live a synthetic lifestyle while inhabiting an organic body. Consumption of the majority of our foods in lifeless forms, which have been synthetically produced, or treated with microwaves, results in a denature, exhausted and sick body.

There are two major steps in the kind of health care which focuses on prevention. It starts with one's realignment with nature and with a healthier lifestyle. This is only possible once we have confronted the physical, mental and emotional sources of our addictions to a life in conflict with Nature. The second step is prevention. The challenge facing each of us is clear. Can we learn new habits of diet and health? Can we be flexible enough to question our habits and beliefs in order to find more energy and vitality from new ones? Are we willing to take responsibility for ourselves by accepting our physical, emotional and mental self, and the needs of each of these aspects of self?

At the Ann Wigmore Foundation, Dr. Ann is dedicated to helping you meet the challenge of true preventive health care, and total well-being in your life, and in the lives of your friends and family. Our ideas about living, eating, exercising, relaxing, sleeping, dreaming, drinking, relating and enjoying life as a healthy and whole person are refreshing and vitalizing. Why not join us in meeting this challenge of a healthier, happier, and more peaceful world?

Why do doctors say to AIDS patients that the body cannot repair the impaired immune system?

It is because they do not understand the body's capabilities for self-healing. The body renews its cells every seven years and sickness, old age and decrepitude are unnatural interferences of this process, caused by the continual abuses which are a result of an unhealthy lifestyle. Sickness strikes the weakest parts of the body so that some persons may have cancer, others heart trouble, diabetes or even AIDS, while others are addicted to drugs or alcohol, or suffer from mental disturbances.

WHERE TO BEGIN

By now I hope you are wondering how to begin the *living food lifestyle.* I suggest beginning with a positive thought. Repeat to yourself many times throughout the day as many positive thoughts as possible. I will give you a few examples and you can make them up. Different ones work for different people. The most important thing to remember is this, *as you become aware of negative thoughts entering your mind immediately replace it with a good, positive and loving thought about yourself and what you are doing.* The power of the mind and what we allow into our mind is what determines our actions. Following is a list of positive thoughts or affirmations.

Repeat each affirmation as many times as necessary throughout the day.

1. **I BELIEVE IN MY BODY'S ABILITY TO HEAL ITSELF**

2. **I AM WILLING TO CHANGE MY LIFESTYLE, AND I WILL BEGIN NOW**

3. **I TAKE FULL RESPONSIBILITY FOR MY LIFE AND FOR WHAT I CREATE THROUGH MY THOUGHTS AND ACTIONS**

4. **I DESERVE THE BEST THAT THERE IS AND AM WILLING TO DO WHAT IT TAKES TO MANIFEST MY HIGHEST VISION.**

5. **I LOVE AND ACCEPT MYSELF UNCONDITIONALLY BY CARING FOR MY BODY'S NEEDS.**

6. **I WILL DEMONSTRATE MY TRUST IN NATURE BY CHOOSING THE LEARNING-BY-DOING LIVING FOOD LIFESTYLE**

7. **I WILL ALLOW MY BODY TO RECEIVE LIVING FOOD EASY-TO-DIGEST NOURISHMENT, WITH THE UNDERSTANDING THAT I AM ACCEPTING LIFE GIVING NOURISHMENT INTO MY BODY.**

8. **I WILL ALLOW MY BODY TO CLEANSE, RESTORE AND STRENGTHEN ITSELF KNOWING THIS IS THE ULTIMATE PURPOSE IN THE USE OF LIVING FOODS.**

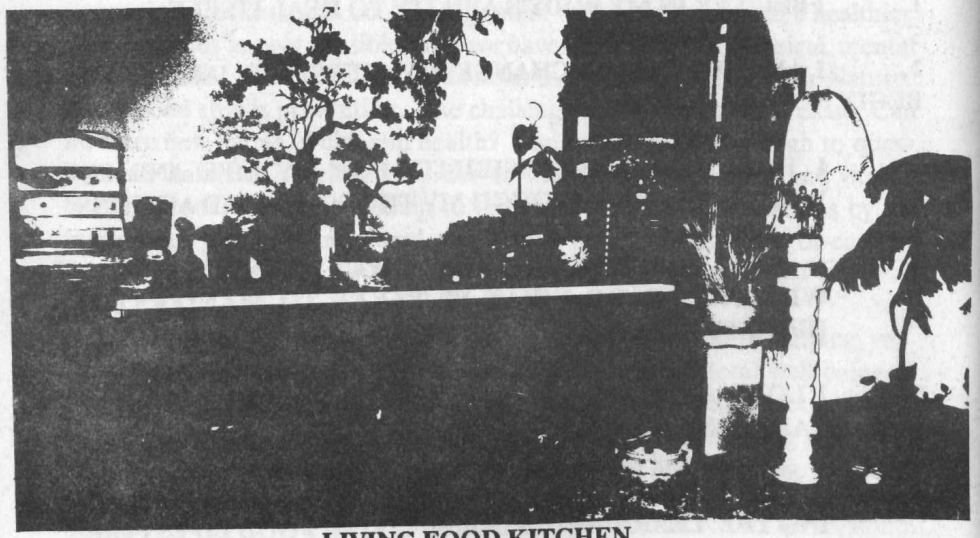
9. **I WILL BE AN EXAMPLE FOR OTHERS TO FOLLOW.**

10. **GROWING LIVING FOOD AND PREPARING IT SO THAT MY BODY CAN EASILY DIGEST THEM IS AN ACT OF SELF-LOVE AND PROVES THAT I AM STRIVING FOR THE HIGHEST IN MYSELF.**

Now you know that basic truths included in the living food lifestyle involve how and what we think and breath in and out of our lives. Living food will cleanse and revitalize blocked energy centers in the body. Your breathing technique will automatically change rhythm as you experience, allow and trust nature to take it's natural course within you. Nature and God are one.

Let us review and redefine application and meaning of the living food lifestyle, and the benefits derived by applying live food easy-to-digest nourishment to your lifestyle.

The living food lifestyle is an approach for total well being contributing towards a happy, prosperous and peaceful life on this planet.



LIVING FOOD KITCHEN

WHAT CHANGES CAN I EXPECT FROM THE USE OF LIVING FOOD?

You will receive many physical and mental benefits once you begin this Living Food lifestyle.

1) The fear of illness will be eliminated, even though you continue to live in a hazardous environment.

2) Your mental and physical energy levels will increase significantly, allowing you to become more productive and caring.

HOW TO REBUILD THE IMMUNE SYSTEM

The acquired immune deficiency syndrome that is plaguing the lives of thousands of people today arises from the body's inability to assimilate the food consumed, along with other environmental hazards. Your body has basic requirements that need to be met in order to maintain health, sustain a high energy level, and experience balance in all areas. If these requirements are met and the body is well-nourished, the immune system is also in fine function and can perform its task of fighting disease and defending the body from any physical or mental overburden.

Through the blending of Living Food, which is extremely high in chlorophyll and enzymes, your body is able to assimilate the full nutritional value which is found in this easy-to-digest nourishment. An optimally nourished body has reserves of energy, and avoids the gradual breakdown of the immune system, that is so often responsible for the many physical and mental illnesses which plague humanity.

Some members of the medical community desiring to help have made attempts at arresting our present epidemic, yet they have produced no successful, positive results to date, mainly because the means for self-healing has not been provided. It makes a lot of sense to consider AIDS, which is a breakdown of the immune system, responding to any treatment that would successfully rebuild the immune system. Therefore, the way we suggest to rectify this horrible malady is to strengthen and rebuild the immune system, by consuming blended, easy-to-digest Living Foods, organically grown in one's kitchen.

What is required is a rebalancing within the body. This can be successfully accomplished by raising the number of enzymes in the body. The body manufactures enzymes naturally when it is in healthy balance. An increased amount of enzymes can be obtained from the nourishment from the nourishment provided by easy-to-digest foods, chlorophyll-rich (green)

foods, and fermented foods, fresh fruits and vegetables. These are referred to as Living Foods due to their abundance of vital enzymes that are the life force catalysts for cellular activity and which have been proven to produce desired results.

Given the opportunity, with easy-to-digest nourishment, the body has the ability to naturally rejuvenate and correct itself. It is important we never forget that the body has this ability to heal itself, when given the conditions and proper environment for it.

It is interesting to observe that when someone has beome sick, the quantity of enzymes in their body diminishes, as does the body's ability to cope with heavy fats, proteins, and excess calories, thus resulting in an increased susceptibility to disease and illness (or AIDS).

WHERE DO WE GET ENZYMES

Enzymes can be found in living food, fermented food, and uncooked food which has not been processed or denatured in any way. In the process of cooking, exceeding the temperature of 110 degrees Fahrenheit, causes the destruction of vitamins and enzymes, reducing their potency by 85%.

The best sources for enzymes are sprouts, greens, seeds, grains and fermented foods, vegetables and fruits in their natural, uncooked state, especially when organically grown and blended for easy digestion.

The Living Food diet far exceeds nutritional requirements, while at the same time replacing seven of the most hazardous foods in use today; meat, dairy products, salt, sugar, oil, vinegar and strong seasoning.

Living Food is nourishment that is grown in organic soil, either in kitchen gardens or on outside plots of lands, from seeds, grains and nuts. These foods are especially important and useful because they supply the body with all the necessary nutrients in a form that is easy for the body to assimilate. Sprouts, greens and fermented protein foods are easier to digest and are all great contributors in cleansing the body of wastes, and in enabling it to rebuild itself to a state of balanced health, while at the same time overcoming conditions which have been problematic.

I lovingly encourage you to change your lifestyle. Just the fact that you are reading this book should inspire you to hope, for you have made the first positive step. You make the choice to live or not to live. Not a doctor, not anyone else, <u>you</u>! You determine your destiny, you are the Master. Catching the dis-ease in it's early stages is a positive plus. Even more importantthan this is having the will, the desire to live, to overcome your weakness and to be willing to do what it takes so that you may overcome it.

METHOD OF OVERCOMING AIDS

I have opened a research fund so that I can establish an educational and research facility that would enable AIDS victims to find out about the body's ability to heal itself with living food - that is food consumed in its original uncooked state, and prepared in a form which makes it easy to digest.

Easy-to-digest nourishment is the term I use to describe the methods I have developed of preparing live foods for ease of assimilation and elimination. Methods of preparation include; juicing, sprouting, fermenting and light blending.

I have been teaching people with degenerative diseases how to help themselves for over thirty years. In 1963 I founded the first wholistic living food education center known as the Hippocrates Institute in Boston, Massachusetts. In over thirty-five countries I have taught and lectured tens of thousands of people on how to control their diet and improve their health using my Living Food Lifestyle.

My solution to AIDS is to teach AIDS victims the following;

A) *They must believe in their body's ability to heal itself and in their ability to fully participate in their own healing process.* Their basic responsibility to the self leads to taking the steps necessary to cleanse and restore the body to health by *strengthening the immune system.* This is the purpose of *living foods* in *easy-to-digest* form.

B) A change of lifestyle is necessary. I developed *the living food lifestyle* thirty-three years ago. The basis of this lifestyle is self sufficiency by working directly with nature. *I teach individuals who are willing to change their lifestyle how to simply and inexpensively grow living foods indoors, that provide the body with life giving nourishment* When these foods grown indoors are prepared and consumed in *easy-to-digest form* the body begins to eliminate stored poisons and the cells and immune system can begin to quickly absorb the nutrients thus rebuilding and strengthening the body.

AIDS is a breakdown of the immune system. I teach individuals how they may strengthen their immune system and restore it to health.

Some members of the medical community desiring to help have made attempts at arresting this present epidemic, yet have produced no successful, positive results to date. The way to rectify this malady is to *cleanse, strengthen and rebuild the immune system through the methods described above.*

WHAT HYPOGLYCEMIA MEANS

Hypoglycemia becomes evident when the adrenal glands become congested and cease to function properly, because they are not receiving the proper nourishment. This malfunction of the adrenal glands, prevents them from manufacturing the hormones necessary to keep the blood chemistry in balance. The adrenal glands would never break down, and the condition of hypoglycemia would never arise, if the body was continually supplied with unprocessed, easy-to-digest nourishment. Our adrenal glands become diseased due to years of trying to nourish our bodies on chemically treated food which has been processed with several thousand chemicals, grown in chemically treated soil, and denatured through cooking. In addition, many people start noticing hypoglycemic symptoms after a prolonged habit of eating too many sweets.

These glands manufacture, but do not store the hormones adrenalin and noradrenalin, which they continuously pour into the bloodstream, to control the many metabolic processes, and one's emotional-physiological needs. When the hormones appear on the scene, the liver releases stored sugar for instant energy. Some fats, most proteins, and all carbohydrates are converted into sugar by digestion and the liver. The adrenal glands monitor the sugar availability to the bloodstream and cells.

The adrenal glands act as the watchdog to the sympathetic nerves - the secretion from these glands enable one to meet mental emergencies calmly and undisturbed. If the adrenals are normal, they secrete the appropriate amount of adrenalin necessary to raise the sugar level in the blood when required, such as for emergencies or strenuous physical activity. Even in states of fatigue, if the body needs energy, the adrenal glands can provide this energy, even though metabolic poisons accumulate as a result of the extra stress on the system. Adrenalin also causes more blood to pump into the contracting muscles of the heart so that they can receive more oxygen to burn sugar when the heart is working hard to meet the physical needs of the body.

The claim has been made by many doctors and scientists that over 80% of humanity is affected with hypoglycemia; and the sad part is that those affected are not even aware of the cause of their health problem. Each person's body chemistry is different and each has different physical and mental weaknesses. Therefore, hypoglycemia manifests in different forms. Some persons experience fear, anxiety, emotional upset without reason, confused thinking, moodiness, irritability, feeling as though "going crazy", schizophrenia, craving for sweets, alcohol and other stimulants, abnormal sex drive, etc. Among the physical symptoms often experienced are fatigue, weakness, shortness of breath, hoarseness, sleeping too long, stuffy feeling

materials needed in oxidation, such as amino acids and phospholipids. This strategy used by the brain to take care of its needs, results in its self-destruction.

Dr. A. Stewart Mason, the British endocrinologist, said that hypoglycemia may produce extreme emotional behavior such as outbursts of swearing, shouting, crying, sweating, reddened face, violent actions and even murder. It also produces depression, insomnia, anxiety, confusion, anti-social behavior, and suicidal tendencies. (The Medical Press)

Mr. Bolton arranged to have local physicians test over 300 cases. It was discovered that most of the people affected with hypoglycemia used large amounts of sweets, smoked heavily, used alcohol, and were heavy coffee drinkers. The nicotine from the cigarettes, and the caffeine from the coffee, plus the deficiencies of nutrition in the food which was ingested, caused the blood sugar abnormality in the body. The large amounts of sugar used devastated the body's ability to metabolize the carbohydrates.

Why Hypoglycemia is the Sweet Disease

The most intense complications that are produced by the high dietary sugar consumption is low blood sugar; just the opposite of what one would expect. The people who know this condition best are diabetics. Sooner or later they run into a situation where they have taken in too much insulin, which burns up the sugar too rapidly, leading to low blood sugar or the symptoms of hypoglycemia. It makes me so sad when I see so many of the young folks eating large amounts of candy, but it was heartwarming to hear of some amazing recoveries which were cited by Dr. Donald Shriber, when his patients were placed on a sugar free diet. A woman suffering from painful pyorrhea and a blood pressure of 260/150 was a patient at a county hospital. She had been taking tranquilizers for two months without any relief. Her constipation was so severe that she had only one bowel movement in a week. After a sugar free diet for two weeks, a drop of 110 points occurred in her blood pressure, which made it 150/100. Her cholesterol dropped from 360 to 190.

Fortunately nutritionists are learning that the body is its own healer if it is given the material to work with. Our Creator miraculously made our bodies to stand under great abuse. However, it finally happens - upsets such as hypoglycemia set in. Dr. Alexis Carrel of the Rockefeller Institute of Medical Research stated, "If the doctor of today does not become the dietitian of tomorrow, the dietician of today will become the doctor of tomorrow."

I recently learned that Tel Aviv University Medical School is giving scholarships for Nature Healing Studies. Fortunately, scientists are at last recognizing how vitally important it is to eat uncooked food.

COLON HEALTH

The colon is the body's major organ for elimination. Poor function may be related to headaches, undue weariness, lethargy, fatigue, sluggishness or negative moods; all symptoms of the beginnings of a toxic condition. Nature calls for attention when waste matter is not being processed or expelled on schedule. By cleansing the colon, we remove the cause of these toxins and prevent their cumulative effect before it becomes truly poisonous.

The colon completes the digestive process. It absorbs nutrients and enzymes from the digested food. This is accomplished with the help of an extensive colony of friendly bacteria that thrive on the healthy colon. As the food passes through, these bacteria "feed" upon the food, creating valuable chemical products in the process (vitamin K, B vitamins, including B-12). When the bacteria have been modified or destroyed due to antibiotic drugs, poor food combinations or old wastes putrefying in the colon, the results can be sluggishness and fatigue. Bowel problems can cause nutritional deficiency regardless of how good your diet is.

When you are not eliminating properly, deposits of fecal matter build up along the wall of your colon or in the pockets of the colon. That is why even a mild case of constipation is a serious problem. Special attention should be given to good colon elimination, for it has a significant influence on the health of the nervous system, glands, and vital organs. Fecal deposits can irritate the nerve endings in your colon, leading to a spastic or inflamed colon; these conditions interfere even more with nutrient absorption and also with proper bowel function.

Toxins from the air, water and food accumulate in the body. Our environment is heavily polluted; the body stores this and other foreign matter from cooked foods. Some, such as uric acid and drugs, are never totally eliminated — they can be stored in the body for decades.

Health problems are efforts of the body to eliminate wastes, mucous and toxins. This self-healing work of nature has often been misunderstood. Rather than try to suppress the symptoms of elimination, we want to understand and encourage these processes — strengthening the body's eliminative abilities.

The medical profession has over 4000 different names for different ailments. The name of the problem is often made up according to the local place of elimination, or pertains to congested points where inflammations have developed.

Feces that remain in your system begin decaying, releasing toxins and poisonous gases that seep out into your blood and poison all your organs and tissues. Your bloodstream itself gets polluted, which prevents it from removing the cells' wastes. So your whole system is being poisoned by wastes.

Constipation is so common in our modern society that it is not considered to be abnormal. Constipated bowel movements are generally looked upon as normal stools! Constipation may have begun in early childhood; old hardened feces have stuck to the walls of the colon and not passed out. A person with a healthy colon is able to eliminate very quickly and regularly. When eating easy-to-digest living foods, one will experience consistent easy elimination.

The ultimate and most effective way of eliminating poisons from the colon is to take wheatgrass chlorophyll implants and of course to change your diet to life giving nourishment in easy-to-digest form. Drink plenty of juices, especially rejuvelac. It is more than likely that you have digestion problems to cause your colon to be in an unhealthy condition.

To clean out the colon you will need a regular enema bag and a 4-ounce (or larger) syringe. When taking an enema, use warm water and be sure to treat the water with wheatgrass juice to counteract possible chemicals and bacteria. The best position to start an enema in, is to lie flat on the floor on your left side and GRADUALLY (not to much at once!) allow the water to enter the body. It may take a few or several times to insert the catheter all the way inside the rectal area. You can control the amount of water by using the clip on the tubing, only allowing what is comfortable. Gradually roll over on your back, massaging in a clockwise circular motion.

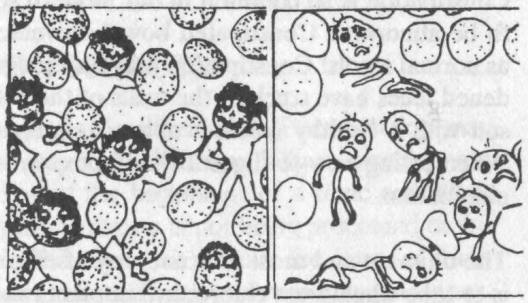
NORMAL COLON SPASTIC COLON

The ascending colon is on the right, so this spot should be massaged in an upward motion. You may not be able to handle all 2 quarts of the water the first few times, so do not be concerned. Another position is to have your feet higher than your head to help keep the water in. A slant board is good for this. Try to keep the water in for as long as you need to, massaging your abdomen during this time and then expel. Repeat again if necessary, until you feel cleaned out.

As I mentioned before, for those who need more attention in maintaining a healthy colon, contact a colon therapist for colonics. Colonics are a safe, easy and an effective means to wash out accumulated wastes in the colon.

WHAT ARE BODY CELLS

Each cell is a specialist. Millions of muscle cells work together to make an arm or leg move at your command. Nerve cells bring air to the body and help digest the food, among their many functions. Each group of cells has its own particular task to perform.



healthy blood toxic blood

The cells in the body must be surrounded by fluid in order to pass off the wastes which accumulate. Between the cells in the body there are tiny spaces which are filled with a watery fluid called lymph. This lymph enables each cell to take in food and oxygen to nourish the body and then pass out waste materials. The arteries which carry the blood away from the heart and the veins bring the blood back to the heart for purification.

It is important to breathe deeply, engage in moderate exercise, and eat chlorophyll rich greens, in order to keep the body supplied with oxygenated blood cells, for this will insure the cells of the body will not be clogged by cellular waste. Uneliminated, excess cellular waste that remains entrapped in the cells, interfering with their functioning, has been shown by recent scientific investigation, to be a major cause of degeneration and premature aging. This recent research has confirmed the results of Dr. Alexis' Carrel's experiments in the early part of the century. Dr. Carrel found that as long as muscle tissue from a chicken embryo, was constantly provided high quality nutrition, and simultaneously constantly kept free from metabolic waste build up, by regularly cleaning the tissue culture, the cells in the culture appeared to be immortal. Though the life of a chicken is only a few years, this specially treated chicken embryo of Dr. Carrel's lasted 34 years, until the good doctor died, and the experiment was halted.

Don't forget, the importance of healthy circulation in order to keep your cells well oxygenated. One of the secrets of healthy circulation is a healthy heart. Your heart will beat as long as you live. In order to understand why your heart does this, try opening and closing your hand about 70 times a minute. You will notice how soon your hand will tire, yet your heart has been doing this and pushing blood, in addition, all of your life.

Approximately ten tons of blood are pushed through your body each day. The only rest your heart gets is at the end of each heartbeat when both the auricles and the ventricles are relaxed for a little less than half a second. The heartbeat will increase when you are excited, frightened, and upset and also by exercising. Remember, your body's cells need easy-to-digest nourishment, organically grown in rich, life-giving and balanced earth for total well-being.

Cleansing your colon of course for many of you will be a new experience. As you get more and more accustomed to releasing blocked passages you will begin to feel lighter and clearer. Think of it as being a pleasant experience and a way for you to really cleanse out old debris that could hinder your healing process. Playing your favorite music and lying in a comfortable position is very important. If there are negative thoughts about this necessary cleansing process replace them with thoughts such as;

Above all, never dread these important health functions. Such fears tenses us and interfers with the whole process. Learn to relax, by breathing deeply. Enemas and implants will not only help us to have more energy and look younger, but also will prevent and overcome health problems, especially AIDS.

HOW TO OVERCOME HEADACHES

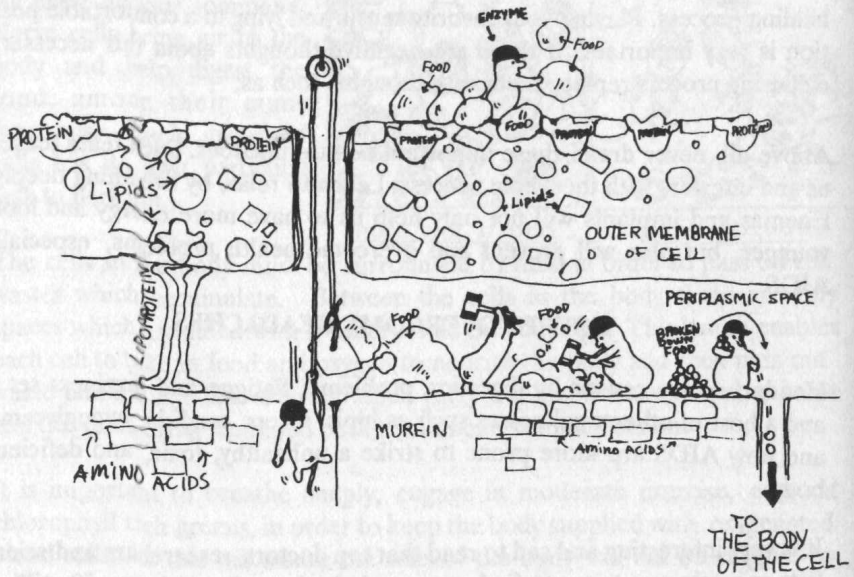
Headaches are caused by digestion problems. Fatigue and dizziness set in and a host of other weaknesses such as lupis, ulcers, candida, hypoglycemia and now AIDS are more prone to strike a unhealthy, toxic, and deficient body.

It is very interesting and sad to read that top doctors, researchers and scientists recently met to try to find a way to help the estimated over 50 million persons who are suffering with agonizing headaches. They believed that some causes could be too much bright light, oversleeping, smoking, taking hormones or other drugs or alcohol or the withdrawals. Other doctors believed that the weather had a relation, while others blamed stress and tension. Dr. Seymour Diamond suggested that the patient should set comfortably in a reclining chair, trying to relax and saying to themselves;

> "My feet feel heavy, I am relaxed; my ankles, knees and hips feel relaxed; my neck, jaw and forehead feel relaxed."

To let go of stress and mental tension. I do agree with that kind of help. He also suggested avoiding such foods as cheese, meat (emphasizing meats with nitrates), chocolate, milk, coffee, bread, vinegar, onions, cakes, candy, peanut butter, canned foods, monosodium glutamate and other chemicals which are added in many packaged and cooked foods. I also agree that these foods are a big contributor to the problem. According to the Hippocrates Health Institute's living food lifestyle, the most important thing to do to overcome headachs permanently is to understand that there is a digestion problem and generally constipation. The above wise suggestion of avoiding foods listed can be of great help with the use of easy-to-digest nourishment through juicing and blending. That is where the Ann Wigmore Foundation lifestyle comes in. To go one step further, it is important that one take an enema and learn to relax when a headach is coming on.

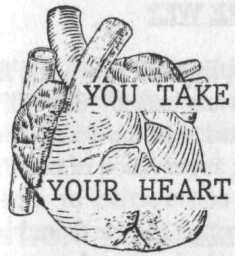
THE ENZYME CREW WORKING IN A CELL



ENZYMES - WHY DO WE NEED THEM?

We all need them for our well-being. We could not live long without enzymes. In fact, the very conception in the womb is dependent on those marvelous working organizers. They serve as catalysts to make the cells in our body function effectivly. From the moment of conception of life, the enzymes make it possible by their action: repairing and building the body and brain. These wonderful workers perform in the brain in a most fantastically and powerfully effective way. Scientists believe that we have billions of enzymes in our bodies. There are hundreds of different kinds of enzymes that are absolutely necessary for total health. One molecule of the enzyme called "catalase," found in the blood, will split five million molecules of hydrogen peroxide into molecules of water and oxygen in a mere 60 seconds. The intestional enzyme will break up a million times its weight of sugar and fat.
In healthy persons the enzymes are manufactured by the body. It is believed that aging occurs because the body loses its ability to synthesize new enzymes. This also explains why we have over 60 different health problems created by allergies, according to nutritionists. The body's organs fail to digest food without enzymes. The biggest enzyme creators are energy soups, fermented foods and fruits and vegetables that are not irradiated.

It is thrilling to observe what enzymes can do and how they can bring about perfect physical and mental health to us at any age.



YOU TAKE CARE OF YOUR HEART and YOUR HEART WILL TAKE CARE OF YOU

If you discover, through medical examination, that you have developed some form of heart difficulty, and perhaps, even complicated surgical correction or heavy drug problems are recommended, remember there is also an alternative method for you to consider -- the way of nature. You can fortify your body with nourishing live food, free from the contaminating effects of modern food consumption. You can give your heart a chance to heal itself!

A living food lifestyle is a complete self-development system, and it works to strengthen the body with easy-to-digest nourishment from living food, assuring total health for the whole body, including the heart muscle and its vital function. This live food program is more than a diet. It is an education promoting an understanding of our physical body and the need to supply it with the proteins, vitamins, enzymes, and other forms of body nourishment required for total good health.

Changing to the living food lifestyle makes one aware of the need to avoid the damaging effect of meat, sugar, salt, saturated fats, processed and refined foods; it encourages proper exercise; it emphasizes the value of positive thinking and peace of mind.

WHAT IS HEART DISEASE

Increasing evidence, according to the latest scientific research, shows that fatty plaque deposits in the veins, arteries, and capillaries are the major cause of heart disease. As time goes by, indigestible fats are deposited along the inner walls of the circulatory system gradually blocking the free flow of blood. When the blood supply through the arteries leading the heart is cut off by a build-up of this residue, the result is a "heart attack".

The major villain in this mortal drama is a diet high in saturated fats; substances which the human diet was never designed to assimilate, and cannot effectively eliminate. Of course, there are many types of disease that afflict the human heart: arteriosclerosis or hardening of the arteries, hypertension and high blood pressure, which can lead to stroke, rheumatic heart disease, congestive heart failure and breakdown of the heart muscle, myocardial disorders. The modern lifestyle, containing food intakes heavy with hard, saturated fats, over-balanced with meats and cholesterol-loaded foods, resulting in plaque deposits in the arteries, is probably the greatest cause of heart failure in America today.

WHAT IS GOD? WHAT ARE WE?

God is the father, the law, energy and electricity, life and love - the law and love that governs all nature. Everything in nature acts by the will of the Creator in different ways. **God** acts through nature in the form of clouds, sunshine, rain, wind and storms. All is under the supervision of our **Father**, whose divine energy acts through Nature, in constructive or destructive forms. The tiny spear of grass bursts its way through the earth and is an expression of God's energy in action. This cosmic law is also manifested through one's personal growth and self-expression.

The parable of the seed reveals how God is at work in nature. The seed has in itself a germinating principle, a principle that **God** himself has implanted. Yet the seed needs a helping power to grow into a plant. The human has the power to promote the growth of the seed by providing the energy and environment needed for growth.

WHY DID GOD CREATE HUMANS?

I believe **God** wished to express himself through human beings. In other words, **He** created the human for self-expression. This is the reason why **He** gave only humans free will to make a choice, to learn, to think and to create and be co-creators. **He** also created all other living things for humans to enjoy, to learn from, and to gain the understanding that all of the earth's creatures, including man, are to help each other as one family. I do not believe that anything was created without a purpose. This is the reason why every animal, bird, and plant has to make a contribution in some form. **God** has created all things for self-expression, but **He** gave us the still, small voice within to direct us, to guide us, to provide for us, and to protect us, and to give us an awareness of what we are and why we are here. Our goals should be motivated by our desire for spiritual evolution, and our focus should be on the inner life, so that God may express **Himself** more fully as kindness, beauty, abundance, and love ... for **God** is love.

QUESTIONS AND ANSWERS WITH DR. ANN:

The following are excerpts from a lively question and answer session with Dr. Ann. Students are encouraged to ask Dr. Ann about anything which concerns them.

QUESTION: How do you plan to do the AIDS research, Dr. Ann?

I currently need a space in a healing facility so that I may teach AIDS victims how to help themselves by cleansing, strengthening and rebuilding their immune system.

Therefore, I wish to have you as health professionals support this research into a new effective treatment for AIDS. If you have space in your facility my proposed plan is to teach AIDS victims and their families who wish to

participate how to change their lifestyle. I have developed methods of indoor growing and preparation of living foods that are simple and designed to nourish the cells. I call this the Living Food Lifestyle.

QUESTION: Do you find that most people with cancer have severe digestion problems?

ANSWER: Definitely, it's true. These people generally do have constipation, gas, and many other kinds of problems with their digestion. Eighty percent of the American people have digestion problems.

QUESTION: What would you recommend for a nervous stomach?

ANSWER: For a nervous stomach, like any other digestive problem, the practice of juicing and blending your foods, for ease of digestion, is very important. However, it needs to be balanced nourishment.

QUESTION: What about fasting and colonic irrigations for cleansing?

ANSWER: When you are on any kind of fast you should have either colonics or enemas. They should be taken at least once a day using a 30 inch catheter that goes through the colon and eliminates all the debris as it accumulates from the fasting, and this includes all the long standing debris.

QUESTION: What causes sore throat day and day out?

ANSWER: The sore throat, like any other manifestation of debris is caused by the coating from the pollution that is in the body, especially in the throat area. The body is trying to tell you that you are loaded with poisons and pollution. Please do something about it -- the body is crying for help! This means that some sort of cleansing diet is mandatory. Juices would be especially helpful. Then you should blend the balance of your diet into a soup, which should include watermelon, sprouts, greens, an apple as a base, dulse, and ending with an avocado.

QUESTION: What type of diet is the best help for someone with allergies?

ANSWER: Allergies are also the result of digestive problems. I would most definitely recommend blended foods for the person who suffers from allergies. Keep away from meat or sweets. When you are on this kind of program, be very careful to eat and drink slowly. If solid food is taken, it should be chewed to liquid form.

QUESTION: Do you recommend live food for the maintenance of health?

ANSWER: Definitely. It is the only way to go. It is a pity that one should have to get sick and wait until things are really serious before going on live food. Living food restores and maintains health, an alert mind, and overall well-being. There isn't any reason to have to wait until one is sick. People concerned about their health should go on a living food diet right away to prevent future problems and to be a good example to others. I feel that sickness is a costly waste of time from enjoying life and being productive,

Unless we take this responsibility for our body and mind we will not have the most conducive environment for our personal soul-growth. Thus our total well-being is very important for our personal development as well as the great challenges we need to confront daily.

QUESTION: I am losing my hair and I am really worried about it. I am only 29 years old, and my hair is already gray at the temples.

ANSWER: Losing hair is a nutritional deficiency problem and a sign that the body is out of balance. It is important that you start making sure your body is getting good nourishment, by eliminating all cooked, denatured, and inorganic products from your diet. When the body is well nourished and back in balance, it will be able to grow new hair. I was gray at 50, and now at 77 I have very little gray hair.

QUESTION: Why do you people stress vegetarianism so vigorously?

ANSWER: I stress that people become "Live Fooders". Vegetarianism is natural. There is a growing need for it. We have to conserve our precious earth, and its precious resources. Cattle need so much ground to graze and so much seed to feed them. We can use the seed first hand in the form of cereals, milks, sauces, cheeses, sprouts, etc. and have better health for ourselves as we conserve the land for all.

QUESTION: Why do you think such a place as the Ann Wigmore Foundation is in the city?

ANSWER: It is a very convenient place to come for learning. Also it proves that people who must live in the city need not sacrifice their health because of it. People can get over their health problems regardless of their surroundings if they will only learn to take care of themselves, become responsible for their own being, and become aware of themselves physically, mentally and spiritually. That is what we try to teach. Ann Wigmore's philosophy stresses the physical aspect of spiritual growth, and that by cleansing the physical body, our temple, and through positive thinking, the

spirit moves to its rightful place and claims its birthright -- happiness and joy, love patience, understanding and faith in Nature and God, which are one.

QUESTION: How can I feed my family and children more nutritious meals?

ANSWER: Once you start working with and learning from nature by growing some of your own food, you can start preparing delicious and nutritious meals that will keep your entire family healthy. Sometimes you may need to work through a nutritional diet first. Small children always look up to their parents, and mimic their actions. Generally when parents are on Living Food, there isn't any trouble for the whole family to make the change.

QUESTION: I am always experiencing fatigue, what can I do?

ANSWER: Fatigue is America's most common disease. The need for stimulation to counteract this feeling of fatigue is one of the major reasons why our nation is now experiencing the most devestating drug problems.

QUESTION: Why do I get depressed and very nervous at times?

ANSWER: When there are problems such as mental disturbances, it generally indicates a nutritional deficiency. Certain emotional situations that one faces bring up mental impressions stemming from childhood, which have remained in the unconscious. However, when one gets into better nutrition with living foods and the whole physical being is strenthened, naturally the mental health improves. The cleansing must take place on both physical and mental planes. There is no question that the work must begin with living food, especially in the form of blended greens, fermented foods and sprouts. Be sure that you are nourishing your body before you look further to other psychological causes.

QUESTION: I am overweight and have never been able to reduce and keep healthy. Will living foods help me?

ANSWER: Obesity is a disease, and from this problem comes many others, depending on the particular sort of work you are engaged in. If it is overtaxing, then you are subject to serious conditions, such as heart problems. Nutrition and uncooked food can certainly put balance back into the body and naturally when equilibrium is restored, a normal weight can be maintained through Living Foods.

QUESTION: I am an alcoholic and I want to know how I can stop craving alcohol. I have accomplished the immediate problem of not drinking, but I do still have the cravings, and every so often the strength of them causes me to become emotionally upset, and I am unable to hold a job. What can I do?

ANSWER: You have deficiencies, which are responsible for these cravings. Naturally deficiencies, both emotional and nutritional, cause abnormal cravings -- and they could be for anything; too much food, alcohol, smoking, drugs. There is a definite need for both cleansing of the mind and body. This could be done through adopting the Living Foods lifestyle, which is a type of therapy that cleanses and rebuilds the body while at the same time causing a mental and emotional cleansing.

QUESTION: I have headaches all the time and I don't know what to do. I take certain pain killers but I feel sluggish afterwards. Can I permanently remove this kind of problem after fifteen years of suffering.

ANSWER: Headaches usually are caused by poor digestion. Most certainly you can improve your digestion and thereby bring an end to your headaches. Specifically headaches result from constipation. Merely killing the pain and pushing the problem into the background will simply result in more problems. When you feel a headache coming on, take an enema right away. Also stop using starches, sweets, and all the other things which cause constipation.

QUESTION: I tried to make kraut, and I put some water in it and it tasted horrible. What did I do wrong?

ANSWER: The cabbage and vegetables must be juiced by themselves; otherwise you will have trouble for it will not ferment.

QUESTION: Can you sprout split peas?

ANSWER: I would say no, because split peas are not alive. Anything that you open up is not live anymore.

QUESTION: What can you do to get rid of tapeworms?

ANSWER: My suggestion would be that one use wheatgrass chlorophyll after taking an enema. Have a colonic for you must be sure you have removed all the debris from the colon; otherwise the wheatgrass won't have its effect. It may take some time before the condition totally disappears.

QUESTION: What do you recommend if you are allergic to rejuvelac?

ANSWER: I have never known anyone to be allergic, unless of course, the rejuvelac had not been properly made. Enzymes in rejuvelac are very easy to assimilate and are certainly very desirable ingredients in the body, in order to maintain and achieve optimal health. Allergic people need enzyme foods; and thus they benefit from rejuvelac and fermented foods, as they are loaded with enzymes.

QUESTION: Do you put wheatgrass in your rejuvelac water? How long do you leave it there?

ANSWER: I leave it overnight and remove it in the morning when fresh water is put on the wheat.

QUESTION: Is leasing a place to establish a healing center such as yours necessary, or should one buy it?

ANSWER: I would say that leasing would be more practical than trying to buy it immediately.

QUESTION: I have hypoglycemia and need protein, otherwise I get dizzy. What should I do.

ANSWER: Hypoglycemics must have easy-to-digest protein. I've found that a hypoglycemic person who mixes two or three tablespoons of fermented sunflower cream with rejuvelac, finds it a very desirable lift, and very healing to the body. Folks who suffer from hypoglycemia should also eat more frequently.

QUESTION: How does wheatgrass counteract the effects of the radiation one receives from television?

ANSWER: Wheatgrass has the ability to counteract the effects of the radiation as it comes up, and one can certainly notice the difference, especially with colored TV.

QUESTION: How much wheatgrass should one use daily?

ANSWER: The amount that the body can handle. Start off with an ounce, and then gradually increase it to three or four ounces; but one should dilute

the wheatgrass with water or other greens or juices, but not fruit. Healthy people do not need to take wheatgrass, especially when there are other greens.

QUESTION: Can wheatgrass remove scars -- particularly from the face?

ANSWER: My feeling is that the body can renew itself. You can have a new body every year; especially when it is given live food nourishment, and thus has the opportunity to nourish the cells and cleanse itself. It will renew itself continuously, and this should have a very positive effect on facial scars.

QUESTION: What kind of food should pets eat?

ANSWER: I would suggest that one get on a good diet, live foods, use common sense, and help the pets move into raw foods. The whole family should eat the same thing. My cat eats only sprouts, greens and fruit and thrives beautifully on this diet.

QUESTION: Can I use ordinary grass for chlorophyll drinks?

ANSWER: Most certainly you can. Grasses are not poisonous. It is a very effective type of nourishment and a great cleanser.

QUESTION: When my mind is in a groove and starts repeating the same thought over and over, what can I do about it?

ANSWER: When your health improves, your mind will be in better control. Get interested in other subjects.

QUESTION: My friends and relatives seem to think that I couldn't possibly eat raw foods for health. They claim it is impossible to be healthy that way.

ANSWER: I believe that buying inorganic fruits and vegetables in the store cannot keep you healthy. One must incorporate sprouts and greens, and other seeds and fruits in small quantities into the diet, and use rejuvelac and some fermented vegetables for good health.

QUESTION: Can you get Vitamin B from sprouts?

ANSWER: Certainly. One can get all the vitamins without eating eggs, dairy products or meat. Living food is the means to total nourishment,

DIET FOR THE NEW AGE

The inception of the Aquarian Age has certainly brought about many changes in people's attitudes about life, and especially in their eating habits. Much of this change occurs in people's minds, but in order to effect these alterations in living, the body must also be made fit to withstand the increasing pressures of a space age society. As a result, a new interest in food and diet has come into being.

Many people are interested in experimenting with the vegetarian diet, but are held back by the fear that they can only get essential proteins from animal tissues. This could not be further from the truth.

Seeds and sprouts are rich in protein, and green vegetables contain small but high quality amounts of this essential element, without the toxins which meat has in profusion. If you were to eat the vegetables that animals eat in the first place, not only would you still be getting the necessary protein, but your body would not have to use a great deal of its energy in trying to digest the other products in the meat.

The true vegetarian is not bothered by changes in his/her energy flow. His/her vital lifeforce is much more even and constant. S/he can work for long periods of time and feel less fatigued at the end of the work day than a meat-eater. One of the most noticeable changes which can be perceived even after several weeks, is the lessening of anger, irritations, anxiety and frequent moodswings. Most vegetarians, as a result of the lighter and more spiritual vibration, abhor violence.

Two of the diseases found in modern industrial societies may be greatly reduced if not eliminated through vegetarian eating. It is to be noted that in countries in which the majority of the population are vegetarians, there is markedly much less cancer. Also, the excess amount of fat in our animal products oriented diets leads to a large amount of saturated fat in the blood, which scientific research has found to be one of the largest contributing factors of heart disease. All fleshy foods are highly unbalanced as they contain an over-abundance of protein. Excess protein is changed by the body into toxins and uric acid, and always leads to health problems.

How much protein is necessary to sustain a healthy life? According to Dr. Herbert Shelton, author of many books on nutrition, less than three ounces a day are quite sufficient for an ordinary individual. This minimum may be obtained through eating half a pound of cottage cheese, a handful of nuts; sprouts, lentils, peas and beans are also good sources.

WHAT IS THE NEW AGE?

"A surge of new consciousness is flooding the world; wherever we go on the planet we can see it." This is what Sir George Trevelyan, the British spiritual teacher and author, told Dutch gatherings on a recent visit to Holland. "It is a change of consciousness being brought about by the flooding in of energies which are alive and purposive and carry wisdom and love and active harmony. These energies from the universe, the cosmos, are working to create a pressure towards the harmony of all life, to restore a sense of oneness, to bring human consciousness, back into line with divine law."

The Universe is one vast whole, all composed of Living Consciousnes.

We see that Life is an endless continuity in which our (Self) consciousness is related to all existence.

In other words, consciousness of the Whole resides in the one universal spirit. And in that place, in the experience of oneness with that there is, we come to an experience of the collectivity of soul. And then we can truly say: "Let's break down the barriers of discrimination and hatred, based on color, language, nationality, religion, and so forth, that exist between people." That will certainly bring us a collectivity of mind. But in today's world, being collective on the spiritual and mental levels is not enough; we must be collective on the material plane as well. This particular stage in the evolution of humanity, demands this.

We have come to understand that Life really is a school. All of its people, places, events, happenings, ideas, and forces are our teachers. This is because the experience of daily life can most dramatically help us see the disharmony existing between our total identity as part of the Whole, and our fragmented manifestation of self in everyday life.

We are to return to the Mother Earth. Suddenly we realize just what this implies. She is alive. Our planet is a living organism, an alive being in an alive cosmos. And we, as her most evolved life form, have a responsibility to her, as to all of life - to be a caretaker for the whole world! This includes changing our individual ways; to become ex-polluters, ex-selfishists, if we want a better world to live in. It is no longer enough for us to work solely on our own self as individuals. Are we ready to work for a society which recognizes the wholeness of all life, and is willing to share this wholeness on the material plane? Are we ready to respect all lifeforms rather than to exploit them for egotistic pleasure. Are we ready to cooperate rather than compete; to give rather than to take?

The world is, always has been, and always will be, a unity. It is now time for us not only to make the people of our planet conscious of this unity, but also to inspire them into living it. Every day.

ABOUT FOOD IRRADIATION

A shocking experiment is the atomic radiation of food - fruit, vegetables, fish, poultry, canned meat, bacon and other items, to prolong their shelf life. Irradiated ham was given on a voluntary basis to military personnel, and the experimenters assured the public that tests showed no health hazards at all. Like most low-level radiation, results can be delayed. This was proved when animals fed the same irradiated foods given the military men began to exhibit stunted growth patterns as well as malignant and diseased blood cells. At present, the AEC is experimenting on irradiation of seafoods, in spite of the fact that animal tests reveal that irradiated food can shorten their life span. Other countries are also playing with this deadly weapon, one that cannot be seen or tasted in foods.

Not only is irradiated food a potential danger to those who eat it, but irradiation destroys vitamins and minerals, and many of the other protective nutrients in food. Fertility, growth and the ability to digest food are also affected by irradiation. The only positive effect of food irradiation is that it prolongs shelf life by preventing the food from quickly rotting, but but this should already make us suspicious for anything that is still organic and retains some semblence of the life force, will naturally decay within a short period of time. The toxic effects on those who eat these foods have been proved. A monograph, published in Europe, called "Incalculable Health Risks of Food Irradiation, " by Dr. Walter Herbst, carries 102 references to world renowned scientists who confirm the dangers of irradiating food.

the use of nuclear isotopes for irradiation of foods and tobacco in the United States.

If these foods are foisted upon us, presumably to protect their shelf life, then we should, have our congressmen demand that they be labeled so that we can protect ourselves and avoid them. It is certainly more important to protect people than the shelf life of food. As it is, too many exemptions from required food labeling are already allowed by the RDA. Irradiation must not become another exemption. The law presently requires that irradiated food be labeled. We must see to it that this law is enforced.

Because allergies are digestive problems. Dr. Doris Rapp, the allergy expert in Buffalo, New York, found that children she worked with had developed depression, headaches, bedwetting, coma-like sleep and even arthritic pain in the joints. When Dr. Rapp suggested that their mothers eliminate foods such as meat, milk, eggs, chocolate, sugar, salt and foods containing additives, the problems disappeared. These kinds of foods cannot be digested, due to their lack of enzymes. The cells that need enzymes in order to function efficiently also need nourishment in its natural state as the body is unable to assimilate or eliminate unnatural food.

WHY SHOULD WE SPROUT?

Sprouts are far superior to any other food because their nutritional value is increased from 100 to 300 percent. They are easy to grow at home for pennies per serving, and yet they contain incredible high levels of all vitamins, minerals, proteins and enzymes. Unlike cooked foods, they provide quick energy by converting proteins, fats and starches into amino acids, fatty acids and simple sugars, easily assimilated, even with a weak digestive system. The chlorophyll content also cleanses the blood and rejuvenates new cells for a more youthful body and mind.

Nutritionist Catherine Ellwood refers to sprouts as "the most living food on earth." The late Frank W. Bower, renowned nutritionist, told us that alfalfa was a "wonderful plant with unlimited possibilites for good." Among his most significant discoveries is the fact that alfalfa contains at least eight essential enzymes required in the digestion and assimilation of food. It is a nutritional "gold mine" for health prospectors. Therefore sprouted seeds are a natural, readily supplied food supplement of great potency.

There are many undiscovered vitamins in sprouts containing the vital life force which only comes from sprouted seeds. Researchers have finally placed their official stamp of approval upon a dietetic practice of using sprouts. More and more hotels and restaurants are including them in their meals, as well as families across the nation. Experts are finally affirming that the sprouts of various food seeds contain a spectacular assortment of vitamins, and enzymes required in human and animal nutrition. They inform us that by the simple process of sprouting seeds, one may produce an abundance of A, B, and C vitamins in a just a few days.

One salad serving of sprouted seeds and beans or other similar legumes can furnish the daily requirment of protein, as well. Alfalfa sprouts are an excellent source of vitamins D, E, G, K, and U. The seeds themselves provide all of these vitamins which are increased in an amazing way, when the seeds are sprouted. Protein contained in the seeds is much easier to digest, due to the supporting elements contained within the sprouts. Sprouts contain the indispensible cell-building amino acids such as arginine, lysine, thereonine, tryptophane. In addition, there are the essential organic minerals such as calcium, magnesium, phosphorus, chlorine, potassium, sodium, silicon and others contained in them - all in a form which the body can readily assimilate for energy, health and youth. Sprouted seeds are our true body and brain builders. Seeds and grains are rich in protein and can replace meat. help you to survive during our food crisis. Just remember that one acre of land can raise only 40 pounds of flesh, but the same acre raises as much as 400 pounds of nourishment in grains and seeds for our protein needs! Grains and seeds are the solution that will provide us with a larger food supply - we can have approximately 7 pounds of nourishment from 1 pound of seeds when we sprout them.

Variety	Soak (hours)	Dry Measure	Length at Harvest	Ready in (days)	Sprouting Tips
Radish	4–6	¼ cup	1"	4–5	Hot flavor; mix with other seeds.
Alfalfa	4–6	3 tablespoons	1–1½"	4–5	Place in light to develop chlorophyll 1–2 days before harvest.
	complete protein, vitamins A, B, C, D, E, F, K, rich in				
Almond	12	1 cup	0"	1	Swells up, does not sprout.
	rich in protein, calcium, and fats				
Wheat	12	1 cup	¼–½"	2–3	Try short & long. For sweeter taste, mix with other seeds.
	vitamins B, C, & E, minerals, complete protein				
Rye	12	1 cup	¼–½"	2–3	Try mixing with wheat & lentils.
	vitamins B & E, minerals.				
Clover	4–6	3 tablespoons	1–1½"	4–5	Mix with other seeds. Develops chlorophyll.
	protein, vitamins, and minerals				
Corn	12	1 cup	½"	2–3	Use sweet corn. Try short & long.
	protein, vitamins B & E, fiber, minerals				
Fenugreek	8	½ cup	½–1"	3–5	Pungent flavor; mix with other seeds.
	rich in iron, vitamin A, & protein				
Green Pea	12	1 cup	½"	2–3	Use whole peas.
	rich in protein, minerals, vitamins B & C				
Lentil	12	½ cup	¼–¾"	3–5	Earthy flavor. Try short & long. Versatile sprout.
	complete protein, minerals,				
Millet	8	1 cup	¼"	2–3	Use unhulled type.
	vitamins A & B, protein, fiber				
Mung	12	½ cup	½–1½"	3–5	Grow in dark. When rinsing, soak in cold water for 1 minute.
	complete protein, vitamins A, B, & C, minerals				
Sunflower	8	2 cups	0–½"	1–3	Use hulled seeds. Mix with alfalfa & grow 4–5 days.
	rich in minerals, fats, protein, vitamins B, D, & E				
Sesame	4–6	1 cup	0"	1–2	Tiny sprout, turns bitter if left too long.
	rich in protein, calcium, vitamins A & E, fats, fiber				

What Are the Worst Foods?

According to the American Journal of Epidemiology, the ten most damaging foods to one's health, and the foods that should be avoided at all costs are:

- o Beaf steaks and roasts
- o Regular soft drinks
- o Hot dogs, ham, luncheon meats
- o Eggs
- o French fries
- o White bread, rolls, crackers.
- o Doughnuts, cookies, cake
- o Whole milk
- o Hamburgers, cheeseburgers.

MOST IMPORTANT FOODS
FOR TOTAL HEALTH

Greens
Sunflower
Cabbage
Buckwheat
Dandelion
Watercress
Parsley
Lamb's quarter

Grains
Rye
Corn
Millett
Wheat

Sprouts
Alfalfa
Fenugreek
Mung bean
Radish

Fermented Foods
Cauliflower
Beets
Carrots
Seed Cheese
Rejuvelac

Protein
Almonds
Pine nuts
Sunflower

Top of the Ground Vegetables
Corn, Red Pepper, Celery, Radish, Zucchini, Summer Squash, Mushrooms

Fruits
Watermellon
Peeled Apples
Peaches
Figs
Dates
Avacado
Tomato
Bananas

Seaweed
Dulse

Grain crisps

WHAT PART DOES HONEY PLAY IN LIVING FOODS?

Unheated honey contains hormones and lipids protein. It has been studied as to composition by the American Journal:

Honey also contains vitamins A, B_{12}, C, D, and E, folic acid, nicotineamide, pantro-acid, thenic acid, minerals, four kinds of saccharides, nine kinds of amino acids and enzymes. 12.34% protein; 6.46% fat; 12.49% carbohydrates.

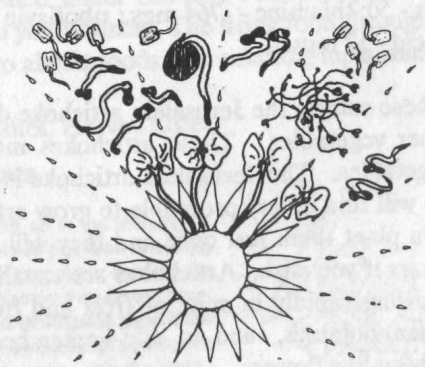
SUNFLOWER SEED ANALYSIS

Here are some figures on the composition of sunflower seeds. In case you do not know of these facts, I am sure you will find this helpful.

Unless indicated by parts per million or international units, each 100 grams of sunflower seed kernel supplies the following amounts of nutritional factors:

Calcium	567 mg	Panthenol	3.5 mg
Cobalt	.064 ppm	Para aminobenzoic Acid	62 mg
Iodine	.07 mg	Riboflavin	.28 mg
Copper	20 pp	Vitamin B-6	1.1 mg
Iron	6.0 mg	Vitamin B-12	.04 mcg/gram
Fluorine	2.6 ppm	Vitamin A	68 I.U.
Magnesium	347 mg	Carotene	.03 mg
Manganese	25 ppm	Vitamin D	9
U.S.P./Units			
Phosphorous	860 mg	Vitamin E	31 I.U.
Potassium	630 mg	Vitamin K	Trace
Sodium	.4 mg	Thiamin	2.2 mg
Zinc	66.5 ppm		

		Proximate Analysis	
Biotin	.067 mg	Moisture	5.27%
Choline	216 mg	Fat 48.44%	
Folic Acid	.1 mg	Protein 28.00%	
Inositol	147 mg	Ash 3.64%	
Niacin	5.6 mg	Crude Fiber	2.47%
Pantothenic Acid	2.2 mg	Carbohydrate	12.18%



DO WE NEED AVOCADO?

Yes, a one pound avocado supplies 70% of an adult's daily needs for vitamin C, a fifth of the needed vitamins A, B_1, and B_2, a third of the dialy vitamin B_3 requirement, and a generous portion of such vital minerals as iron, phosphorous, and magnesium. It is also rich in protein, with about 12% oil and 8% carbohydrate. All these benefits, while still being relatively low in calories, at about 300 per pound, according to Dr. Bruce of the Institute of Geriatrics at the Cedars of Lebanon Health Care Center in Miami, Florida.

Avocado is among the most ideal foods in the Live Food Lifestyle, replacing meat and oil calories. It is also a valuable thickener for sauces and cosmic soups.

Although an excellent food, it should be used in small quantities at at time. A recommended amount is 1/3-1/2 of an avocado a day. Eat avocado as many days during the week as it feels comfortable and depending on how active you are.

WHAT ARE JERUSALEM ARTICHOKES?

They are edible tubers with roots like the Irish potato. The tubers are rougher and more irregularly shaped than the Irish potato and perhaps resemble dahlia roots more than a potato. The early settlers were interested in these artichokes and they cultivated them quite extensively. They were considered a fine food, and therefore their seed was taken back to European countries for experimentation; the result being larger and tastier tubers. These tubers are still used as a main crop in Europe today.

The following values for the Jerusalem artichoke were taken from the Composition of Foods - Agricultural Handbook No 8: Protein - 7.2 gms.; fat - .3 gms.; carbohydrates - 52.3 gms.; ash - none; calcium - 44 mgs; phosphorus - 244 mgs; iron - 10.6 mgs; sodium - none; potassium - none; vitamin A International Units - 50; thiamine - .764 mgs.; riboflavin - .17 mgs; niacin - 4.1 mgs.; ascorbic acid - 12 mgs.

As you can see by these values, the Jerusalem artichoke does quite well in comparison with other vegetables. These artichokes may be eaten raw, mixed with other vegetables. The Jerusalem artichoke is a member of the cabbage family. You will find it very profitable to grow artichokes, for they are quite prolific; you plant them just once and they will come back every year for a hundred years if you wish. Artichokes are usually the first plants up in the spring, growing rapidly in spite of frost and freeze. They take longer to mature than potatoes, and in mid-September, they may be covered with yellow daisy-like flowers.

WHY IS WATERMELON A REAL TREASURE?

Watermelon, classified as a vegetable, is the most alkaline of any fruit or vegetable, providing a great aid for overcoming any acid condition. Considering our present hazardous water conditions, watemelon contains the best natural water. Watermelon rind is rich in protein, vitamins A, B, and C, enzymes, and minerals; and it also contains chlorophyll, which is the ingredient that makes it easily digestible, even for people with poor digestion. Beneficial to the urinary tract, bladder, and kidneys, and especially in the treatment of AIDS because of its cleansing and thus health restoring properties, watermelon helps to eliminate uric acid and to dissolve deposits that have accumulated because of a faulty diet.

When the body is experiencing any abnormal symptoms, watermelon juice plays a great role in bringing the body back to its normal balance.

Watermelon should be used when in season to help prevent heat exhaustion. It makes a good nourishing breakfast during the summer. We make a watermelon smoothy by first peeling the rind and blending the rind and pink pulp together with avocado.

The food chemist, Harvey Lisle, said that if famine ever strikes our country, four of our greatest foods would help us to survive. They are potatoes, edible weeds, wheat and watermelon.

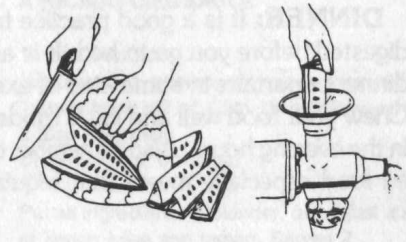
I so much appreciated your activities, which are always of interest to me. You never age, and I am trying hard to keep up with you. If you live to be 100, I will only be a few years behind. I am retired from making a living (money), but very active in making a living (health).

I am convinced that if there is any 'secret' to your methods, then it is to be found in living solid enzymes, and in our own enzymes. The enzymes are the depository of the cosmic life forces. I have a number of books on enzymes, e.g. The Status of Food Enzymes in Digestion and Metabolism, which was recently republished under the title Food Enzymes and Longevity. Living food is the key to youthfulness. The living food through blending can be the problem solver to alleric foods with candida, lupis, and AIDS.

With my best wishes, Harvey Lisle

WATERMELON JUICE

A great way to wake up in the morning — watermelon juice can be prepared by cutting up some melon into long strips, keeping the rind intact and putting them through a "Champion" juicer or use a wheatgrass juicer if the "Champion" is not available. (If you do not want it as sweet, try juicing only the rind.)



RECIPES AND MENUS

It is very important to eat lightly during the first three weeks you are on my living food program, in order to become accustomed to this easy-to-digest nourishment. After the initial three weeks, you may adopt my standard living food diet. For additional recipes or more information, you should refer to my book, "RECIPES FOR LONGER LIFE."

It is worthwhile to emphasize a few points before beginning with the actual schedule.

BREAKFAST: Breakfast should be taken after you have first had two glasses of rejuvelac. It is suggested that you adopt a morning exercise program which includes stretching and deep breathing. It is also suggested that the morning meal be blended. This is an important time of the day for elimination, and by starting with easy-to-digest nourishment, you will be providing your body with abundant energy for the day's work, and in addition your mind will have enough energy to remain alert and effective. If you find that you need something more than this, you should follow your body's signals and add something solid, such as an avocado sandwich. You could also make the grain cereals, but it is suggested that you only do this in the colder weather. If you rise late in the morning, only have juice, because that will be digested before lunch, whereas solid foods might not be. Of course, it all depends on how active you are.

Always take a few minutes before eating to relax. Breathe deeply and then enjoy your meal slowly and in silence, if possible.

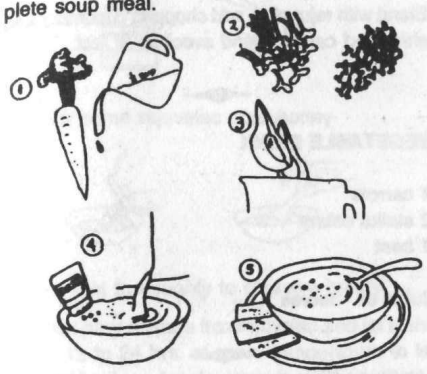
LUNCH: If you work, it is best to prepare meals which are easy to carry and store. The meal plan can be adjusted to meet the needs of the working person. If you have a desk job, you might want to make the meal lighter; or if you have a very active job, you might want to increase the quantities. Always make sure that your lunch has an adequate amount of greens and sprouts with seed protein and some vegetables. If you are going to be traveling, remember to always take your blender along so that you can prepare energy soup for lunch at any time that is convenient.

Again, remember to take a few minutes before eating to relax. Forget the pressures of your job and enjoy your meal, for you are using food for nourishment which will give you energy and not just fill your stomach.

DINNER: It is a good practice to eat your meal early so that it will be digested before you go to bed. It is also a good idea to go for a walk before dinner or partake in some kind of exercise, even if it is only for ten minutes. Chew your food well and eat a moderate quantity as the body is less active in the evening hours. Also remember ease of digestion is important and blended food especially meets that requirement.

COMPLETE MEAL SOUP

Blend one apple or carrot with about ½ cup of rejuvelac.
Add sprouts and greens and blend.
Lastly add avocado and blend again.
Add cut-up red pepper and some dulse for color.
Serve grain crisps with this easy-to-digest complete soup meal.



MELON SOUP

1 small melon (cantaloupe, cassaba, honeydew)
¼ tsp. ginger (if desired)

Scoop seeds out of melon. Put them in blender. Blend until creamy. Serves 1-2.

GRAIN CEREALS

½ cup spouted wheat
¼ cup raisin soak water or one apple

Blend wheat and soak water until thick. Serves 1.

HIPPOCRATES SALAD

2 or 3 types of sprouts, such as alfalfa, radish or fenugreek
Sunflower and buckwheat greens
Cut up zucchini and red pepper or tomatoes
Also may include cut up mushrooms
Serve with avocado or sunflower sauce

SUNFLOWER SEED LOAF

½ cup cauliflower, finely shredded
¼ cup bell peppers, finely shredded
½ cup mushrooms, finely shredded
2 scallions, diced
½ cup celery, chopped
½ cup sunflower seeds (soaked 5 hours and drained) sprout one day
Dr. Bronner's, or tamari
2 tsp oregano
1 tsp basil

Put all vegetables in a bowl. Blend the sunflower seeds and seasonings together until creamy (use a food processor or Champion juicer for grinding the seeds — or use a blender adding enough liquid *water or vegetable juice* until it blends). Pour sunflower mixture over vegetables and mix thoroughly. Form into loaf shape in casserole dish. Garnish with sliced vegetables and parsley. Makes enough for two meals.

AVOCADO CORN SALAD

2 ears fresh raw corn
1 bell pepper
2 scallions
½ avocado
1 small cucumber
½ cup cabbage sprouts
Dr. Bronner's* or tamari (to taste)

Cut corn from ears. Place in bowl. Dice pepper, scallions, avocado and cucumber. Add to corn along with the sprouts. Mix well. Season, if desired. Serves 1.

* or any other natural seasoning

AVOCADO DILL SAUCE

¼ ripe avocado
¼ cucumber, peeled and seeds removed
1 sprig fresh dill or 1 tsp. dried dill weed
2 tbsp. rejuvelac
Dr. Bronner's, or tamari

Put all ingredients in blender, using just a squirt of lemon juice and tamari. Serves 2.

MUNG MARINADE

1 small cucumber
1 small pepper
½ cup mushrooms
2 scallions
1 small stalk broccoli
1 cup mung sprouts
Dr. Bronner's, or tamari
1 cup rejuvelac
¼ bunch fresh dill or 2 tsp. dill weed
2 tsp. turmeric

Chop all vegetables. Put in bowl with sprouts. Put last four ingredients in jar and shake well. Pour over vegetables. Stir well. Let marinate 45-60 minutes. Drain. Save marinade juice to use again. Serves 2.

SPROUTED WHEAT TABOULE

½ cup sprouted wheat
1 scallion
1 small bell pepper
2 stalks celery
2 sprigs parsley
Dr. Bronner's, or tamari
½ tsp. each: paprika, basil, cayenne

Chop vegetables and parsley finely. Put in bowl with sprouted wheat and mix in seasonings. Serves 1-2.

CAULIFLOWER-MUSHROOM SAUCE & SALAD

¾ cup cauliflower, finely chopped
1 cup mushrooms, thinly sliced
¼ cup water or rejuvelac
1 green onion (including top)
1 T tamari soy sauce
Fresh parsley, chopped
Kelp & cayenne as desired

In blender, mix ¼ cup cauliflower, and all other ingredients. Pour mixture over the remaining mushrooms and cauliflower.

GREEN GODDESS

6 avocados
2 cucumbers
Small parsley
1 onion
2 carrots

Blend with rejuvelac, add chopped cucumber and shredded carrot, blend avocado in last.

VEGETABLE DRINK

4 carrots
2 stalks celery
1 beet

Juice all. Serves 1.

CARROT AVOCADO SAUCE

4-6 carrots
1 ripe avocado

Blend carrots with rejuvelac. Put avocado in blender last.

PARSLEY SAUCE

½ cup sunflower seeds (soaked 5 hours and drained) sprout one day
2 sprigs of parsley
2 scallions
½ cup rejuvelac

Put all ingredients in blender. Blend well. Serves 2.

DANDELION SALAD

12-15 dandelion leaves
2 cups alfalfa and other sprouts
1 tomato or tops of root vegetables (carrot, beet, turnip, etc.)
Sprinkle dulse or other seasoning over the salad. This will serve about two people.

HOW TO MAKE "PINK CHAMPAGNE" FROM REJUVELAC

1 Take some uncooked honey (about ¼ cup per quart of rejuvelac) and transfer to a small bowl.

2 Pour some rejuvelac onto honey

3 and mix thoroughly to dissolve honey.

4 Then pour mixture into rejuvelac and let stand for 12 to 24 hrs. at room temperature to let bubbles form (again cover jar with ventilated cloth).

5 Add small amount of food coloring or juice from beets. (Have a small bottle of beet juice ready-made on hand in the refrigerator. This will keep about 2 weeks.)

6 Now you can pour this "pink champagne" into a pitcher or decanter for serving purposes.

* (For an additional taste lift, add fresh mint leaves.)

(a satisfying replacement for soft drinks and an enzyme health-giving drink)

MUSHROOM SAUCE

1 cup chopped mushrooms
½ cup sunflower sprouts
½ cup rejuvelac

Cut green onions. Blend all together.

WALNUT LOAF

½ cup walnuts, washed and ground
1 stalk celery, diced
1 carrot, shredded or grated
½ small zucchini, diced finely
2 scallions, diced

Mix all ingredients and form into loaves.

GUACAMOLE

½ ripe avocado
½ small green bell pepper
½ small red bell pepper
1 scallion
1 small summer squash
Dr. Bronner's, or tamari

Chop all vegetables finely. Mix in seasonings to taste. Serves 1-2.

CREAMY MUSHROOMS

2 lbs. mushrooms
2 spring onions with stems
2 cups mung bean sprouts
miso (raw) or tamari
sprouted sunflower seeds to thicken

Blend with water or rejuvelac. Add chopped or sliced mushrooms and minced parsley.

APPLE SAUCE OR FRUIT PUREE

2-3 apples or other seasonal fruits
¼ cup liquid, water or fresh fruit juice or dried fruit soak water

Blend together until smooth. Serves 1.

GREEN DRINKS

1 cup buckwheat lettuce
1 cup sunflower greens
1 cup alfalfa sprouts
1 carrot
1 stick celery

Juice it all. Makes about 8 oz. Use any kind of greens you have on hand and any sprouts. Spice the drink with ginger, cayenne if desired. Seed cheese or sauerkraut can also be added.

Remember that green drinks are nutritious, easy to digest, and very satisfying to those with a deficiency problem. It will especially help the folks who are alcoholic, smokers, or drug users. These energy drinks have also proved to be a substitute for people who crave sweets. If you take these drinks two to three times a day, in three weeks you will feel far less craving for unhealthful foods, sweets and junk food. It will help to overcome addictions.

AVOCADO CORN SOUP

2 ears fresh raw corn
1 bell pepper
2 scallions
½ avocado
1 small cucumber
½ cup cabbage sprouts
Dr. Bronner's* or tamari (to taste)

Cut corn from ears. Place in bowl. Dice pepper, scallions, avocado and cucumber. Add to corn along with the sprouts. Blend until creamy. Put avocado in blender last. Serves 1-2.

* or any other natural seasoning

ALMOND-CABBAGE LOAF

¼ c. almonds, soaked 6-8 hours
½ c. small cabbage
1 small carrot
1 scallion
½ tsp. anise
½ tsp. sage
Dr. Bronner's, or tamari

Grind almonds into paste. Shred cabbage and carrot. Dice scallion. Mix altogether with seasonings. Serves 1-2.

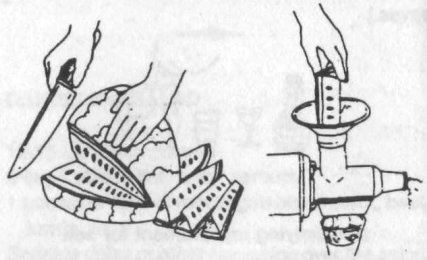
GRAIN CRISPS

Use grains such as wheat or rye.
For variety add vegetables and/or herbs and spices.
To sweeten your crisp, blend sprouted grain with banana and rejuvelac. Experiment!

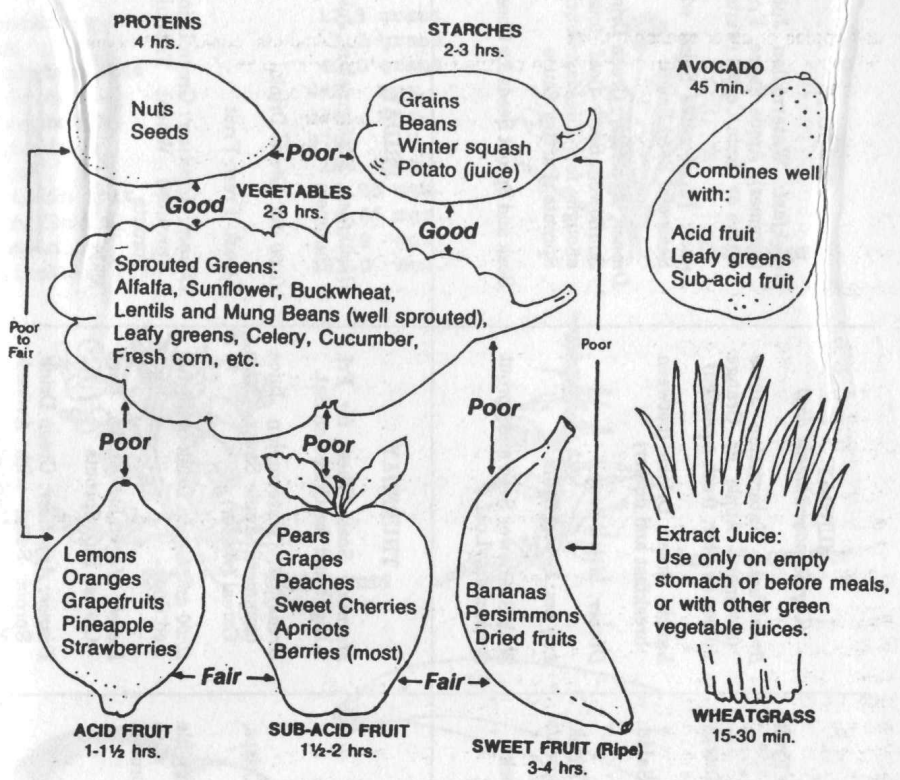
1 Sprout seeds for 2 days.
2 Blend with water or rejuvelac and pour onto plastic sheets.
3 Place in dehydrator at 100° for 24 hrs. or longer, depending on thickness.
4 Store in plastic contaners (airtight not necessary).
These will keep for several months.

WATERMELON JUICE

A great way to wake up in the morning — watermelon juice can be prepared by cutting up some melon into long strips, keeping the rind intact and putting them through a "Champion" juicer or use a wheatgrass juicer if the "Champion" is not available. (If you do not want it as sweet, try juicing only the rind.)



COMBINING LIVING FOODS



Allow digestion time before eating again. Meals should be small and chewed thoroughly. Take blended snacks between meals for additional nourishment. when juicing; especially watermelon Include rind

o APPLES can be combined with vegetables, greens, sprouts, and light protein.

o UNRIPE FRUITS are difficult to digest, deficient in nutrients, and cause acid.

o RIPE FRUITS become alkaline in the body and help to neutralize over acidity.

o VEGETABLES should be grated or blended for proper digestion, particularly the starchy and fibrous types. Ferment beets, cabbage, cauliflower and carrots.

o HONEY when heated or cooked changes to pure sugar, and all enzymes have been destroyed. Use only natural raw honey, and only sparingly, in rejuvelac, water, etc. Also can be used with some fruit.

The key to overcoming allergies is energy soup. These soups are especially beneficial for those who have been diagnosed as having AIDS. Blending also is particularly beneficial for babies, and the elderly with teeth problems.

MENUS

WEEKS ONE AND TWO
For WEEK THREE Make *Loaf* and *Sauce*
Substitutions as desired

FRI. Morn.: Soak wheat seeds for Grain Crisps
FRI. Eve: Drain seeds and let sprout; soak almonds for Saturday loaf

SATURDAY

Breakfast: Apple Sauce or Fruit Puree

10:00 am: Green Drink or Energy Soup

Lunch: Avocado-Corn Salad, Sprouts, Dulse

Dinner: Appetizer: Green Drink, Almond-Cabbage Loaf, Sprouts

Make Grain Crisps for Week

SUNDAY
(Liquid nourishment day)

Breakfast: Watermelon Juice (summer), Apple or Orange Juice (winter, fresh squeezed)

Lunch: Green Drinks (between breakfast and dinner)

Dinner: Melon Soup

8:00 pm: Green Drink

Soak Sunflower Seed and Sprout for Monday Loaf

MONDAY

Breakfast: Watermelon Juice (summer), Apple Sauce, Fruit Puree or Grain Cereal (winter)

Lunch: Hippocrates Salad with Seasoned Seed Sauce

Dinner: Appetizer: Green Drink, Sunflower Seed Loaf (make enough for Tuesday lunch), Sprouts, Parsley Sauce

Soak and Sprout Seeds for Cheese

TUESDAY

Breakfast: Watermelon Juice (summer), Apple Sauce, Grain Cereal (winter)

10:00 am: Green Drink or Blended Soup

Lunch: Sunflower Seed Loaf, spoonfuls rolled up in Lettuce Leaves, Sprouts, Dulse

Dinner: Appetizer: Green Drink, Avocado-Corn Salad, Sprouts, Avo-Dill Sauce, Grain Crisps

MAKE SEED CHEESE

WEDNESDAY

Breakfast: Fruit Juice

10:00 am: Green Drink

Lunch: Guacamole, Grain Crisps, Sprouts, Dulse

Dinner: Appetizer: Vegetable Drink, Energy Soup with chopped vegetables, Sprouts, dollop of seed cheese

THURSDAY

Morning: Soak Wheat for Fri. Night and for Crisps on Sat.

Breakfast: Watermelon Juice (summer), Apple Sauce, Grain Cereal (winter)

10:00 am: Green Drink or Blended Soup

Lunch: Vegetable Sticks, Seed Cheese Dip, Sprouts

Dinner: Appetizer: Green Drink, Sprout Salad with Avocado Mung Bean Marinade

FRIDAY

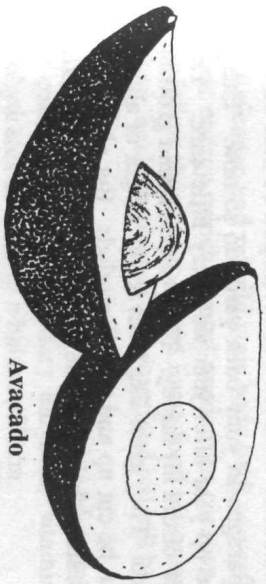
Breakfast: Watermelon Juice (summer)

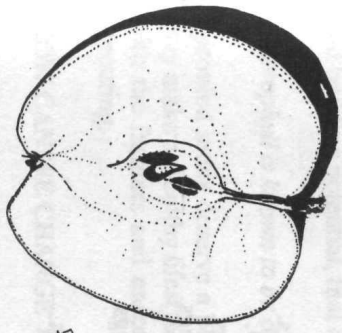
10:00 am: Green Drink,

Lunch: Fresh Fruit

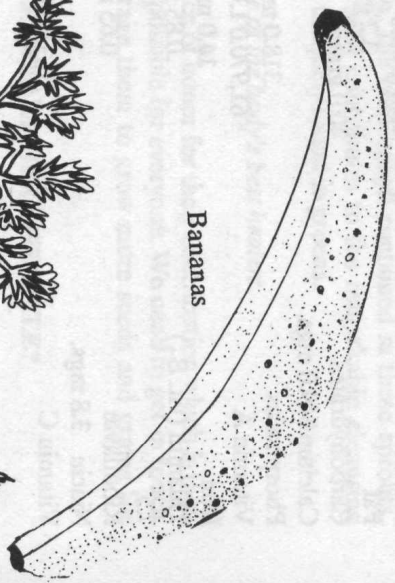
Dinner: Appetizer: Green Drink, Sprouted Wheat Taboule, Sprouts

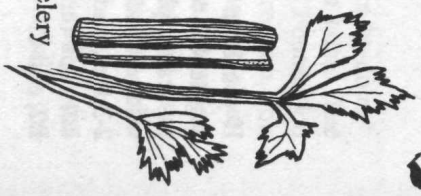
Make Grain Crisps for Week


Avacado


Apple

Parsley


Bananas

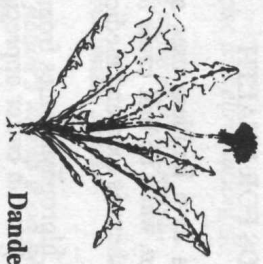

Celery

Watercress

Lamb's quarter

Compare the food values of a pound of Dandelion:

Protein	12.3 grams
Fat	3.2 grams
Carbohydrates	40.0 grams
Calcium	849. mgs.
Phosphorus	318. mgs.
Vitamin A	61,970 I.U.
Iron	14. mgs.
Thiamin (vit. B_1	0.85 mgs.
Riboflavin	0.65 mgs.
Niacin	3.8 mgs.
Vitamin C	163.0 mgs.


Dandelion

WEEDS FOR HEALTH

Weeds have limitless uses and they are our primary survival food. The Puritan, when he first came to America, knew the weeds and lived by them, using them as food and medicine. The pioneers appreciated nature's gifts.

Free Chlorophyll comes from weeds. As you learn more about these edible weeds you can better appreciate and enjoy one of the free gifts the Creator has provided to ensure our health. There are many weeds to choose from. My favorite ones are: lambs quarters, pursalane, dandelions and sour-grass. If you can obtain it, try juicing sour-grass together with wheat-grass or sprouts. Another excellent combination is lambs quarters with sprouts. I love dandelions, because they are a great blood cleanser, especially useful during the springtime, and they help to carry away waste and toxins from the lungs, liver, kidneys, and skin. Weeds, therefore, can become an important addition to the living foods diet, helping the body to rebuild and heal itself.
Compare the food values of a pound of Dandelion:

Protein	12.3 grams
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Carbohydrates	40.0 grams
Calcium 849.0 mgs.	
Phosphorus	318.0 mgs.
Vitamin A	61,970.0 I.U.
Iron	14.0 mgs.
Thiamin (vit. B_1)	0.85 mgs.
7.5	
Riboflavin	0.65 mgs.
Niacin 3.8 mgs.	
Vitamin C	163.0 mgs.

IS THE ASPARAGUS A GOOD FOOD?

If you have not planted asparagus in your back yard, do so now. These vegetables continue to come up year after year with very little care. The asparagus plant is a member of the lily family. They can be found growing wild on roadsides and in fields. They grow like trees to the height of about 2-3 feet, and their shoots can be cut up and used for salads. But please do not cook them or you will destroy their valuable supply of vitamins A, B1, B2, and C.

THE EMPOWERING BENEFITS IN APPLYING THE LIVING FOOD LIFESTYLE DAILY ARE:

It encourages increased activity and proper exercise and elimination.

It emphasizes the value of positive thinking for a more peaceful mind.

It teaches you methods that eliminate fear and minimizes stress.

It helps you to develop a lifestyle that results in nature's way to good health in body and mind, including a strong, energetic heart.

It allows you to become more understanding of self by connecting with nature.

It will restore and strengthen the immune system and return your natural energy.

It helps the body to eliminate toxins and rebuild health and rejuvenate vital organs for self healing.

Laboratory research further indicates that up to 150% more protein constituents are found in alfalfa sprouts than in grains such as wheat, oats, and sunflower seeds. In addition, the chlorophyll contained in these sprouts, when exposed to sunlight, greatly contributes to the remarkable cleansing and building potential, that is uniquely found in greens.

Chlorophyll is known to be one of the body's best healers.

Sprouted seeds deserve a place of honor for their contribution which is that they make a healthy lifestyle possible for everyone. We need to get in touch with the farmers and encourage them to grow more seeds and grains for sprouting.

HOW CAN WE CHANGE TO A HEALTHIER LIFESTYLE?

To make the change easier, I have developed a living food "learn-by-doing" program or lifestyle which can be brought right into your own home. The two week learn-by-doing program offered at the Ann Wigmore Foundation would also be helpful. If you continue to follow the live food program, you can cleanse and rebuild your body back to perfect health and to the abundant energy, which is most needed for creative work. When you are willing to follow the easy-to-digest living food program, you will prevent and overcome health problems and your food bill will be reduced by more than half.

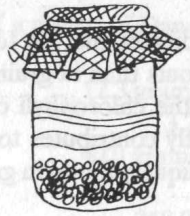
The easy-to-digest living food consists of grains, seeds, sprouts and greens. It contains all the necessary enzymes, vitamins, proteins, minerals, carbohydrates and fats in a balanced form.

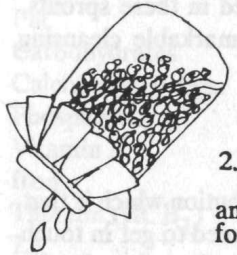
HOW TO MAKE REJUVELAC

The following illustrations and step by step directions, should be helpful to you in making your transition for they condense into one easy to follow format, the major aspects of living food preparation. The following directions cover helpful suggestions for sprouting; fermenting foods, such as making rejuvlec and fermenting hard to digest vegetables; and dehyrating foods for snacks. By following these methods, you will know you have supplied your body with all the vitamins and minerals in a balanced form, as well as all the needed living enzymes, necessary for bringing you back to a state of total health. Your body will have also received high levels of chlorophyll, which cleans the blood, resulting in a higher mental clarity and greater creative energy.

Always remember that the following foods are all in balance, and are all excellent replacements for all the hazardous foods such as meat, dairy products, salt, sugar, oils, vinegar, white flour, etc.

1.SOAK WHEAT SEED
(soft variety preferable)
10-15 hours

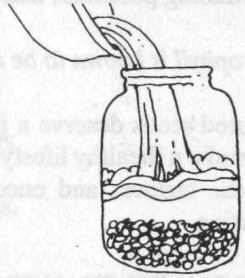


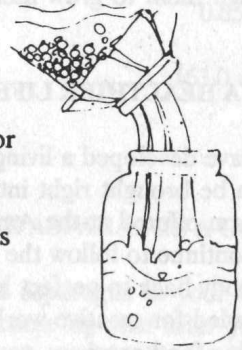


2.DRAIN

and let sprout
for two days.

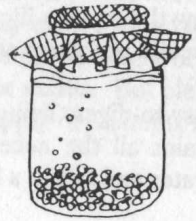
3.POUR WATER
over sprouted wheat seeds.
GENERAL RULE:
USE about 3 times the amount of water as there are wheat seeds.





4.POUR OFF
liquid into another jar for your day's supply. Refrigerate amount not needed. (Rejuvelac will keep for several days this way.)

COVER JAR
with wire mesh or cheese cloth, keep at room temperature (like what is in your living environment) for 24 hours.



5.Then USE leftover wheat seeds and SOAK again 24 hours (start at step 3 again) two more times to make more rejuvelac and discard wheat seeds.

USING SEES AND NUTS FOR PROTEIN

Seeds and nuts can be used as an exciting and satisfying alternative to meat and cheese. They can be made vegetable-seed loaves, nut and seed sauces, and nut and seed "milks". Follow the same methods you would use as when making grain loaves or grain milks.

Almonds, sunflower and pumpkin seeds are generally used for seed loaves. One method is to use fermented suflower seeds (soak for five hours, sprout for one day, and then blend with rejuvelac, and allow to drain in a sprout bag overnight). Experiment. Try combining varieties of seeds together.

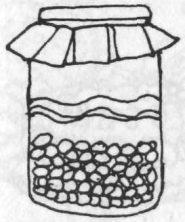
When making "milks," use almonds or sprouted sesame seeds or a combination of the two. Make sure that sesame seeds are not over sprouted. These "milks" are delicious and can be added to soups, for a terrific energy boost.

Sauces for salads can be made by blending seeds or nuts with vegetable juices. Use your imagination!

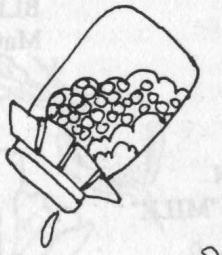
SEED CHEESE

1 SOAK SEEDS
for 5 hrs.

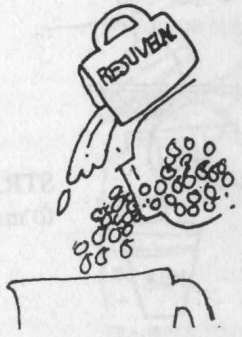
Use SUNFLOWER, PUMPKIN and/or SESAME seeds.



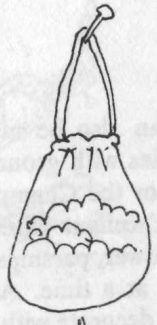
2 Then DRAIN
and let sprout
for 1 day.



3 BLEND with
rejuvelac.



4 FILL SPROUT BAG
with this mixture
and HANG OVERNITE
to ferment.



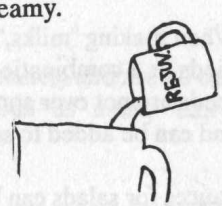
HOW TO USE SPROUTED GRAINS

There are numerous ways to make tasty and energizing dishes with sprouted grains. Here are some examples:

A delicious easy-to-make high energy breakfast cereal can be made by blending together with sweet apples and about 1/2 cup of sprouted wheat with approximately 1/2 cup of rejuvelac.

AVOCADO SMOOTHIE

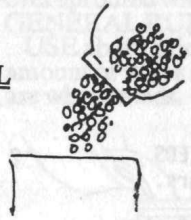
Pour Rejuvelac into a blender and then cut up two apples and an avocado and add to the blender. Mix this until smooth and creamy.



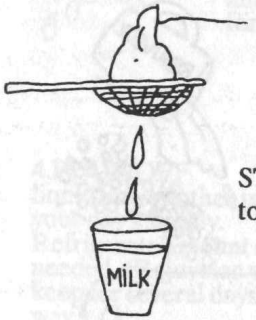
BLEND sweet apples with rejuvelac.

Grain milk can be made by blending together sprouted grain with rejuvelac and then straining it through a strainer; or an excellent, easy way to do this is to pour the batter into a sprout bag and squeeze out the liquid. For a sweeter version, add carrots when blending.

CEREAL



BLEND sweet apples with rejuvelac. May use dates, figs or prunes.

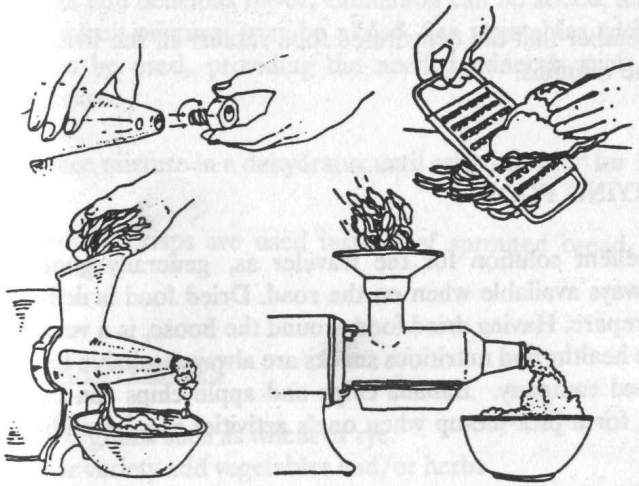


STRAIN
to make "MILK"

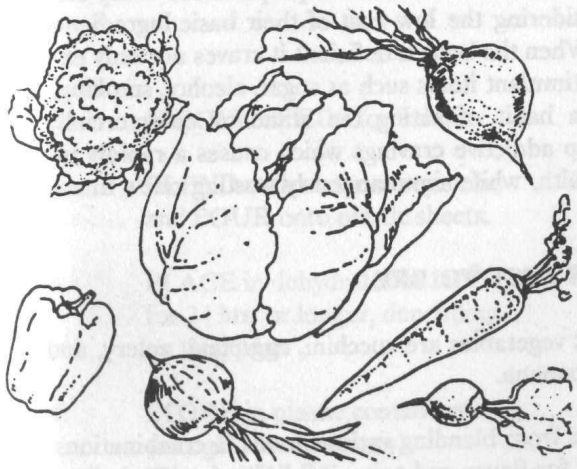
Grain loaves can also be made by combining finely chopped or ground vegetables with ground sprouted grain. Use a wheatgrass juicer to grind or the Champion vegetable juicer (use attachment for grinding). Excellent vegetables to use are red pepper, celery, scallions, cauliflower, parsnips, mushrooms, etc. Try to use only 2 or 3 combinations at a time. After grinding shape the combination into a mold and decorate with vegetable slices.

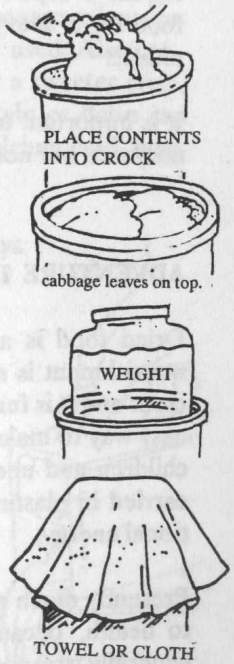
MAKING VEGE KRAUT - WHAT YOU WILL NEED:

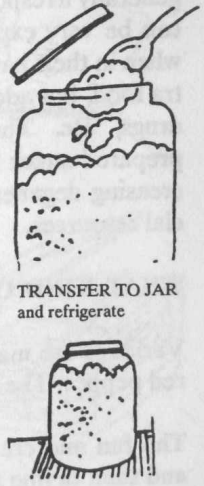
PLATE or something flat to fit inside crock pot.
CABBAGE (2 heads or amount needed - green or red).
OTHER VEGETABLES as desired for flavor and color; cauliflower, carrots, beets, kelp, dulse, etc. and
a manual GRATER, SHREDDER, or KNIFE.



VEGETABLES







DEHYDRATING

Endless varieties of dried vegetables and fruits, seed "nuggets" and grain crisps can be made in the dehydrator for easy travelling and snacking.

If you do not have a dehydrator, use the hot outdoor sun, or the oven. Oven-dehydrating is not a highly recommended procedure. The temperature should be kept at 110 degrees (if your hand does not burn when touching the oven,the temperature is fine). When using the outdoor sun, place food on a heavy sheet of plastic and then cover with cheesecloth or thin plastic.

It is important to remember that the dehydrated food retains all the living enzymes, but not all the vitamins.

ADVENTURE IN DRYING FOOD

Dried food is an excellent solution for the traveler as, generally good nourishment is not always available when on the road. Dried food is delicious and it is fun to prepare. Having dried food around the house, is a very easy way to make sure healthy and nutritious snacks are always available for children and unexpected company. Banana chips and apple chips can be carried in plastic bags for a pick-me-up when one's activities require additional energy.

Presently much money is spent on food and snacks that are major hazards to health, because of their high additive and chemical content, and the generally irresponsible, profit-motivated methods of preparation. They also can be very expensive, considering the low cost of their basic ingredients when in their natural state. When the body is deficient it craves not only extra food, but addictive and stimulant items such as sugar, alcohol, smoking, drugs, etc. Thus making a habit of eating the standard commercially prepared snack foods sets up addictive cravings which causes a rapidly increasing degeneration of health, while simultaneously wasting one's financial resources.

WHAT KIND OF FOOD IS BEST TO DRY

Varieties are many. The best vegetables are zucchini, egg-plant, celery, and red pepper. The best fruit is banana.

The fun and creativity comes from blending various foods in combinations and then drying the mixtures for flavor and taste. All living food including energy soups should be tasty.

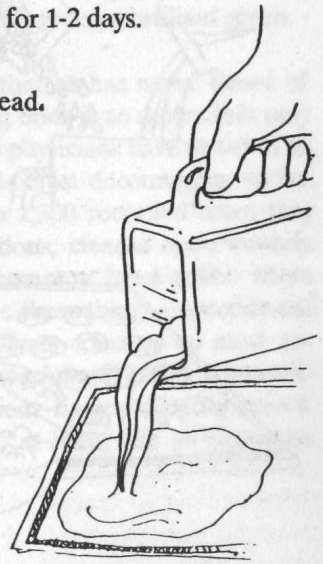
GRAIN CRISPS INSTEAD OF BREAD

At the Foundation we have added grain crisps to the standard living food program. They help furnish variety and substance to the daily diet. They are very simple to make, from sprouted rice, millet, barley, oats, rye and/or wheat. All grains and seeds are soaked for 12 hours and then sprouted. This mixture is then blended with Rejuvalac to a very thin paste-like consistency which can be easily spread.

During the blending, different flavors can be added. For a banana crisp, one banana to one cup of grain and one cup of liquid should be used. Also carrots add delicious flavor. Cinnamon can be added, and, for a sweeter crisp, dry fruit mixtures may be added. Sea vegetables such as kelp or dulse can also be used, providing the needed minerals such as calcium and magnesium.

Place mixture in a dehydrator until crisp - at 110^{o} for 1-2 days.

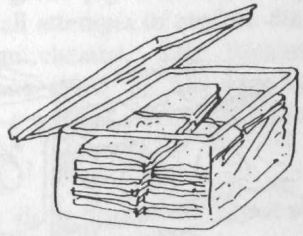
Note: Crisps are used instead of sprouted bread.



GRAIN CRISPS

Use grains such as wheat or rye.
For variety add vegetables and/or herbs and spices.
To sweeten your crisp, blend sprouted grain with banana and rejuvelac. Experiment!

1. SPROUT SEEDS for 2 days.
2. BLEND with water or rejuvelac and POUR onto plastic sheets.
3. PLACE in dehydrator at 110^{o} for 24 hrs. or longer, depending on thickness.
4. STORE in plastic containers (airtight not necessary). These will keep for several months.

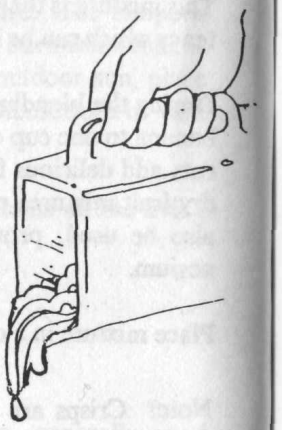


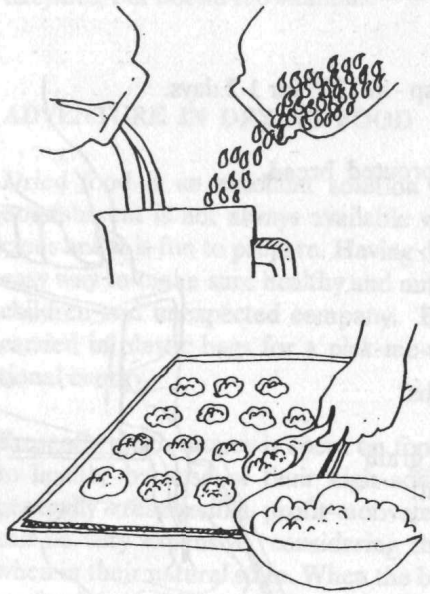
WHAT ARE PROTEIN NUGGETS?

Use almonds, sunflower, or sesame seeds, or combinations.

1. Soak seeds 5 hours
   Sprout seeds for 1 day
   (If using almonds, soak only 15 hrs.)

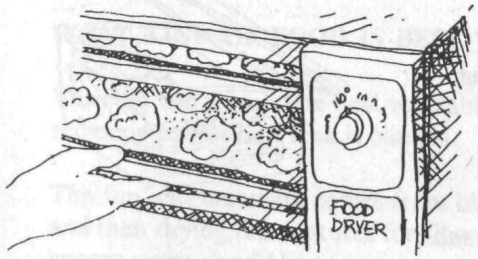
2. BLEND with water or rejuvelac and then
   a) DRAIN overnite in a sprout bag to ferment

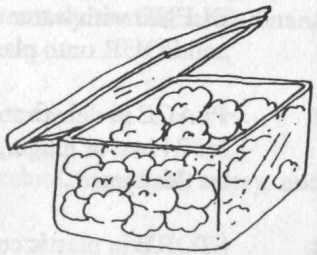




USE straight from the blender for a thinner nugget.

TRANSFER onto plastic sheets in spoonfuls and then PLACE into the dehydrator at 110°





STORE in cookie jar or plastic containers (airtight not necessary).

CHLOROPHYLL

Green Pigment from Plants Now Used Experimentally for Treating Wide Variety of Diseases and Infections

by LOIS MATTOX MILLER

Deep is the mysterious affinity between sunlight and the earth's green plants, science hopes it has found something which brings man closer to victory in his old struggle against bodily infection. New to medicine, this substance probably is as old as life itself. It is simply chlorophyll, the coloring matter with which Nature paints forests, field, and garden a brilliant green.

Do not be surprised if your doctor tells you that he has never heard of chlorophyll being used this way. The work being done is so recent that only a relatively small number of the nation's 175,000 physicians have heard of it. But evidence of chlorophyll's medicinal value is most encouraging, so far. Distinguished medical specialists report that in 1,300 recorded cases they have seen chlorophyll combat deep-lying infections, cleanse open wounds, relieve chronic sinus conditions, and banish common head colds. More remarkable, they say is the way it accomplishes these things - speedily and effectively, with none of the harsh, irritating effects common to most anticeptics. Chlorophyll, the healer, is at once powerful and bland - devastating to germs and yet gentle to the wounded body tissues. Exactly how it works is still Nature's secret. To the laymen, at least, the phenomenon seems like green magic.

AGE-OLD PUZZLE

For ages men have puzzled over The question - "What makes grass green?" About a century ago chemists segregated the green pigment in growing plants and named it chlorophyll. But until 1913 all attempts to explore the chlorophyll molecule failed. Then a German chemist, Dr. Richard Willstarted, made uncannily correct deductions about it. He likewise pointed out that the green miracle of nature is a process closely linked to the secret of life itself.

All life energy comes from the sun. Green plants alone possess the secret of how to capture this solar energy, and pass it on to man and best.

A ray of sunlight strikes the green leaf and instantly the miracle is wrought. Within the plant molecules of water and carbon dioxide are torn apart - a feat which the chemist can accomplish only with great difficulty and expense. First there are only lifeless gas and water; then, presto! these elements are transformed into living tissue and useful energy. Oxygen is released from the plant to revitalize the air we breath. Units of energy, in sugars and other carbohydrates, are speedily manufactured and stored up in the living plant.

Out of the process stems much of what we know as life and growth. Man consumes the energy as food - both in vegetables and the flesh of herbivorous animals. He uses it in the form of coal, oil, and gas - green vegetation locked up in the earth for ages.

Like Blood's Hemoglobin

These facts deducted by Willstarted were dramatic. But closer study yielded something even more baffling. The chlorophyll molecule bears striking resemblance to hemoglobin, the red pigment in human blood. The red blood pigment is a web of carbon, hydrogen, oxygen, and nitrogen atoms grouped around a single atom of iron. Nature's green pigment is a similar web of the same atoms - except that its centerpiece is a single atom of magnesium. Obviously, this similarity had some significance. But what could it be?

Thus, the multiple mysteries of chlorophyll became a standing challenge to the imagination and genius of scientists. Some of them, including Charles F. Kettering, began to probe for the basic secrets of the "sun trap" hoping to find some artificial means of directly tapping solar energy. Still others, like Dr. Hans Fisher, a German who won the Nobel Prize in 1931 for his work on the red blood pigments, searched for possible medical users for chlorophyll.

Kettering set up a Foundation for the Study of Chlorophyll and Photosynthesis at Antiech College in 1930 and enabled a whole staff of scientists to explore the phenomenom from all angles.

HERMAN GOODMAN, B.S., M.D.

OMAHA, March 3, (J.P.) - A new method of extracting lifegiving chlorophyll from plants for use in prolonging life in humans and animals was announced by Dr. Boris Berkman, Chicago physician and at the meeting of the National Farm Chemurgic Council.

1. Wheat grass juice purifies the blood.
2. Wheat grass juice acts as a detergent in the body.
3. Use Wheatgrass juice for overcoming dandruff. Rub the juice into the scalp, rinse and shampoo.
4. Use wheat grass juice for vaginal infection.
5. Douche with wheat grass juice.
6. A small amount of wheat grass in the human diet prevents tooth decay. Tooth decay is the result of other degenerative changes in the body.
7. Gargle with wheat grass juice for tooth aches.
8. Gargle with wheat grass juice for sore throat.
9. Pyorrhea of the mouth - Take wheat grass, soaked in juice, lay it on diseased area, or chew wheat grass in mouth, spitting out the palp.
10. Drink wheat grass juice for skin trouble.
11. Wheat grass juice can be used as a sterilizer.
12. Wheat grass juice keeps the hair from graying.
13. Use wheat grass juice as a source of fresh, alive vitamins.
14. Use wheat grass as a protective and healing power of burns.
15. Taking wheat grass juice, we will feel the difference in our sense of strength, health, spirituality, endurance and well-being.
16. Wheat grass juice will help to build a clean bloodstream and aid in proper digestion.
17. Wheat grass juice is an excellent mouthwash and draws out toxins from the gums and teeth.
18. Wheat grass juice is great for blood disorders of all kinds, including anemia.
19. Wheat grass juice is an excellent skin cleanser.
20. Wheat grass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over you in a tub of warm water. Soak in wheat grass juice 15 to 20 minutes, rinse off with a cold shower.
21. Wheat grass implants or enemas are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs After an enema, follow with four or more ounces of wheat grass juice and retain for 20 minutes if possible.
22. Wheat grass juice is excellent in a case of constipation in keeping bowels open.
23. Wheat grass juice disinfects and cleans out bacteria.
24. Dr. Birscher, a research scientist, called chlorophyll 'concentrated sun power.' He said chlorophyll increases function of the heart, affects the vascular system, the uterus, the intestines, and the lungs.
25. According to Dr. Birscher, nature uses chlorophyll as a body cleanser rebuilder, and neutralizer of toxins.

26. Wheat grass juice can dissolve scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobin production.
27. Wheat grass juice helps to reduce high blood pressure as the juice helps reduce toxins from the body and gives the blood iron which helps circulation.
28. Wheat grass enhances the capillaries.
29. Wheat grass juice neutralizes guanidine, which is a toxic substance released through trauma and burns which causes muscle fatigue, putrefication, headaches and stomach aches.
30. Wheat grass juice is excellent for sex hormones.
31. Wheat grass is an excellent source of laetrile, which can selectively destroy cancer cells but has little effect upon normal cells.
32. Wheat grass will overcome radiation, pollution, and odors in your home.
33. Wheat grass makes harmful inorganic chemicals harmless. Fruits and vegetables contaminated by sprays can be cleansed with wheat grass placed in the rinse water.
34. Toxic metals; lead, cadmium, mercury, aluminum and excessive copper can be successfully lowered with small amounts of wheat grass juice, increased gradually.
35. Wheat grass is one of the richest, natural sources of Vitamin A and Vitamin C. It is also exceptionally rich in the B vitamins. It is an excellent source of calcium, iron, magnesium, phosphorus, potassium, sodium, sulphur, cobalt, zinc and protein.
36. According to agricultural researcher Pfeiffer, if one dehydrates wheat grass, the protein composition is 47.4%. Dried wheat grass has 3 times as high the protein concentration as that of beef.
37. Wheat grass builds up the white blood cells through it's cleansing energy better than any drug in the world and this reduces any disease provided that a diet of organically grown living food is followed.

G.P. Earp-Thomas
Bloomfield Laboratories

Chlorophyll is recommended for application in order to stimulate healing and removing necrotic tissue debris from wounds. Chlorophyll is said to accelerate connective tissue and epidermal proliferation, thus restoring normal integument with minimum scar formation.

CONTAMINATION AND THE FOOD CRISES

Everyone is disturbed and concerned about the ecological crises caused by contamination of the water, air and earth, but most people fail to realize that a polluted bloodstream resulting from improper eating habits, is even more a threat to their continued existence. There are three definite reasons why something must be done about this immediately:nuclear radiation which is now enveloping our planet,makes personal survival doubtful because of our polluted bloodstreams; economic conditions are making food more scarce with each passing day, and the destruction of planetary ecology has resulted in an increased amount of droughts, which interferes materially with the raising of food, and causes widespread famine around the world. Storing of grain, seeds and legumes by each one of us may be the suitable solution.

Changing the Chemical Garden Into An Organic One - Any depleted soil can be improved to a great degree by sowing a crop of wheat and turning it under for fertilizer. Begin by using wheat which has been soaked overnight. Spread a thick layer of this soaked seed on the top of thoroughly moistened soil. If the plot you are using is small, wet newspapers may be spread over the wheat. Over this, place a plastic sheet to keep in the moisture and keep out the birds. If your plot of land is large, cover the seed with a thin coating of earth. When this wheat has grown to about six or seven inches, turn it under the soil, so that it will be able to act as a fertilizer. Six weeks later, plant a second crop of wheat.

COMPOSTING

The foundation of health starts with the soil in which we grow our food. Healthy balanced earth containing over 100 elements, provides the means to grow a nutritious plant for total nourishment which is necessary for optimal health. To make this possible, Nature has provided millions of microorganisms and earthworms which assist in producing this "living" earth.

When growing your own food, it becomes essential to have a composting system in your own home. This requires very little effort on your part, as Nature does most of the work; converting waste material back into a productive energy source.

WHAT YOU WILL NEED:

about 6 compost containers: COVERED PLASTIC RESTAURANT BINS on wheels (approx. 25"x14"x30") or PLASTIC TRASH BARRELS with covers (approx. 30 gallon size)

1 or 1/2 gal. container, covered, (for keeping next to juicer for food scraps)

container for earth worms

6 trays to collect drainage (approx. 10" wide x 3" deep)

compost materials: SOIL MIXTURE FOR STARTING
One part soil to one part soaked peat moss)
"MATS" from planting trays after
FOOD SCRAPS

earth worms (at least a handful for starting)

drill

spray mister

"Clorox" or use a natural pest controller

12 or more bricks (if using barrel method)

SETTING UP THE COMPOST BINS

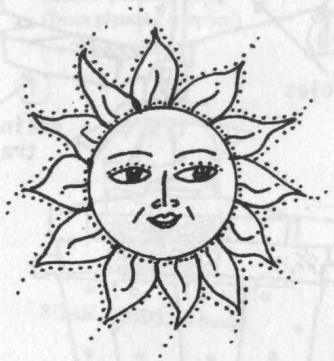
Before using the compost bins, it is necessary to drill holes to allow for ventilation and drainage. Drill holes about 3/8" in size and about 3 to 4 inches apart on the two larges sides, if using the 4-sided kind, or all around, if using barrels. Then drill a few holes on the bottom. If using the restaurant bin, drill underneath it, towards the front (on the side where the handle is), to fit the size of the drainage tray. If using barrels, drill a few holes in the center of the bottom and place barrels on bricks allowing space for drainage trays. Now place trays underneath compost bins.

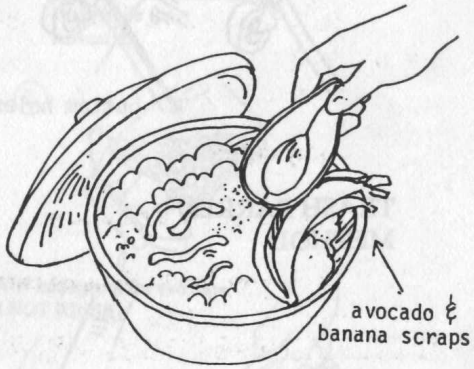
USING THE COMPOST BINS

When composting, start with dried mats and dried peat moss on the bottom layers to soak up a lot of the drainage that occurs while decomposition takes place. Continue to add damp mats along with food scraps when you are ready to discard them. It is best to place mats in an upside down position to prevent roots from growing. Allow at least 3 inches of space at the top of the bin for adequate ventilation. Remember to add earthworms as you go along. Check the drainage trays from time to time and use the water from them for watering your plants, as this makes excellent fertilizer. DO NOT use fruit in your compost bins (especially citrus), as this causes too much leakage. In about 6 weeks, your compost will be ready to be used as soil for planting. The rate of decomposition will be affected by the number of earthworms that you add, the weather.

RAISING EARTHWORMS

When raising earthworms for your compost, have a separate container with soil, such as a good-sized earthenware pot, and add avocado and banana peels (or spoilage) to feed them. (If the container has a cover, allow enough air so the earthworms can breathe.) Hundreds of earthworms can be raised in this manner in just a few weeks. When using the soil for planting, take out the worms that you find and put them back into the compost, so that they will be continually feeding. Earthworms have a large capacity for changing the chemistry of materials, so do not be too concerned if organic foods are not available, for them to eat.





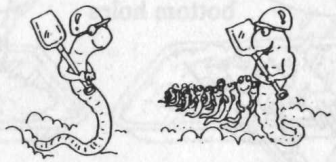
(Dr. Ann, this comes after "Raising Earthworms"

EARTHWORMS:

"We work day and night without pay and NEVER complain."

"We have millions of relatives."

"Let us come and work on your indoor farm!"



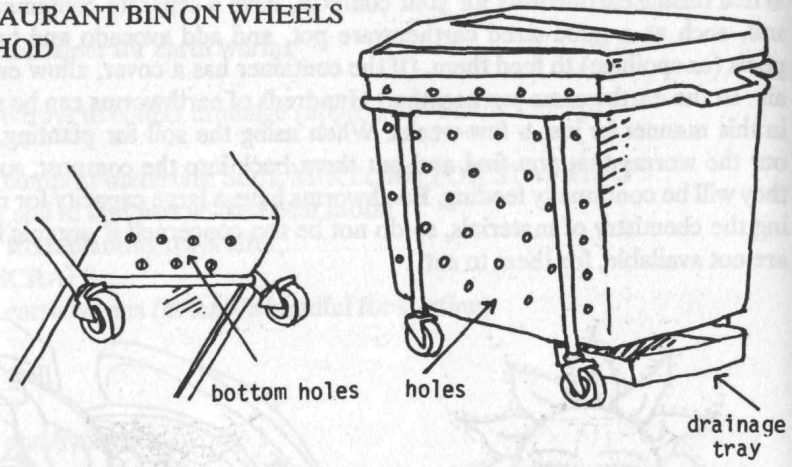
ON KEEPING YOUR KITCHEN FREE OF UNWANTED PESTS

A well-cared for compost does not attract unwanted outside insects. You will often find tiny bugs along with micro-organisms in the soil itself, but they will stay there and not venture outside the soil.

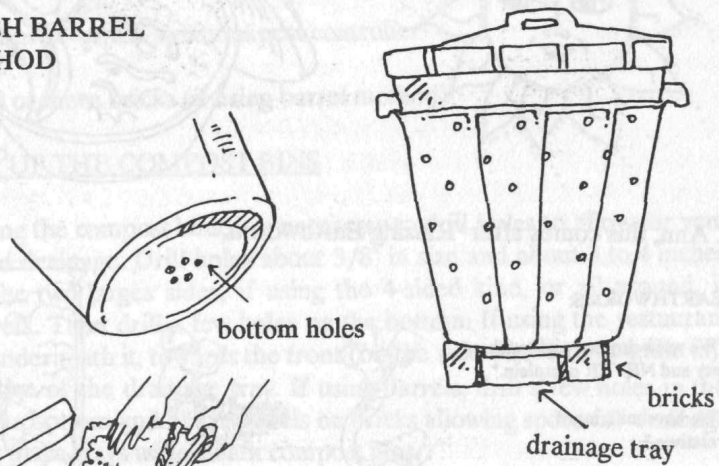
To prevent unwanted pests, make sure the compost is kept covered. There should be no odor this way. If there is a problem with odor, then cut down on the amount of food scraps that you are using and make sure you are not using fruits in your compost. Also make sure the kitchen compost area is kept clean. For further preventive measures, spray "Chlorox" around the kitchen and compost area before retiring in the evening.

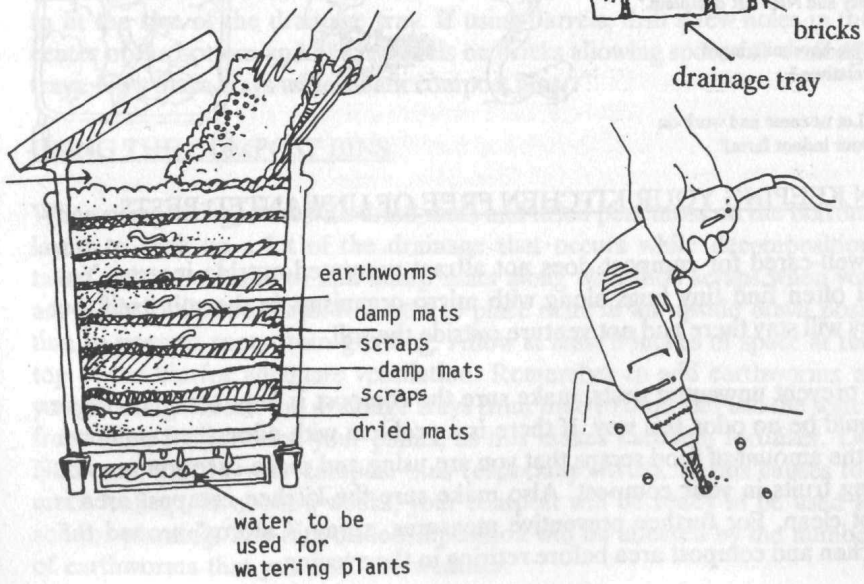
COMPOSTING BINS

RESTAURANT BIN ON WHEELS METHOD



TRASH BARREL METHOD





PLANTING

MATERIALS NEEDED

SEEDS hard red winter wheat
unhulled buckwheat
unhulled sunflower

12 or more plastic cafeteria trays, approx. 18X141 inch deep (from restaurant supplier) OR shallow planting trays (from planting supplier)

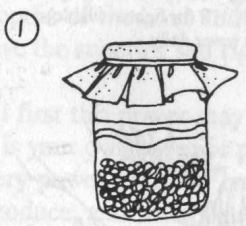
SOIL (composted)

absorbent paper and plastic sheets (optional)

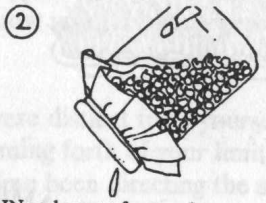
watering can/water

trowel (optional)

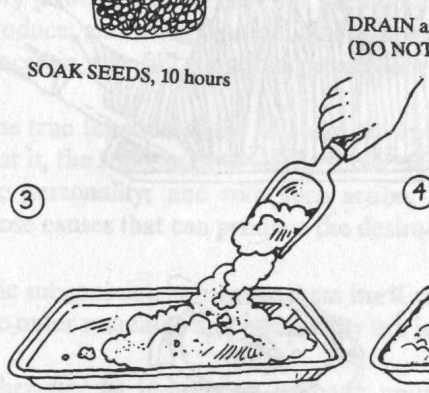
sharp knife for harvesting



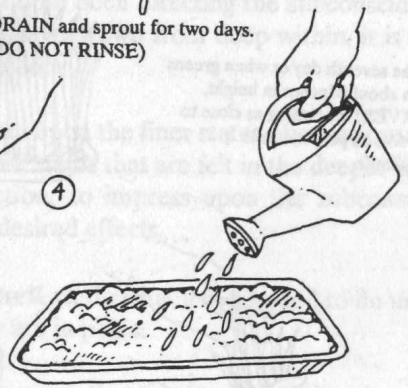
SOAK SEEDS, 10 hours



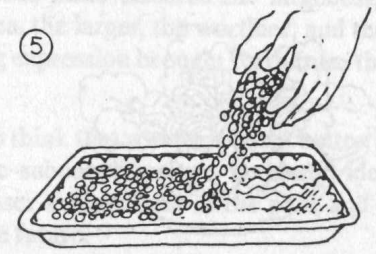
DRAIN and sprout for two days. (DO NOT RINSE)



TRANSFER SOIL to planting tray and spread it to about 1 inch in thickness.

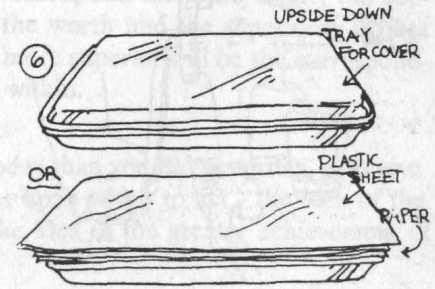


Then WATER until moist.



SPREAD SEEDS in a thin layer over the top of the soil.

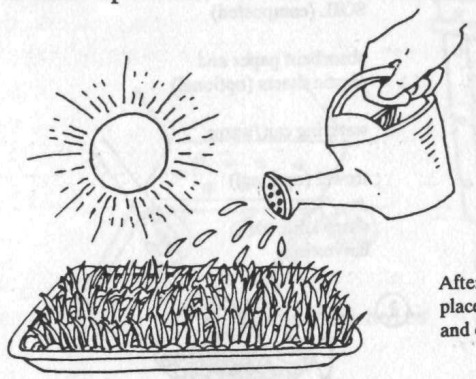
NOTE: For energy soup, grow sunflower and buckwheat.



COVER with another tray (upside down) OR use wet paper covered with a sheet of plastic. Keep

In order to raise a sufficient amount of worms for your purposes,a handful of earthworms is enough to start with. They can be purchased through the mail for about $10 per pound. Advertisements for earthworms can be found in such sources as "Prevention" magazine. An easy way to get them is to pick them up on the sidewalk after a rainstorm.

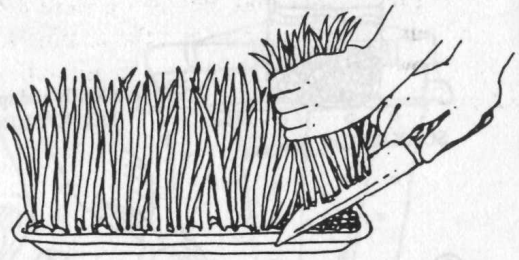
⑦



After uncovering, WATER thoroughly and place in SUNLIGHT (or light available) and continue to water daily.

⑧

On the seventh day or when greens reach about 8 inches in height, HARVEST by cutting as close to the roots as possible, with a sharp knife.



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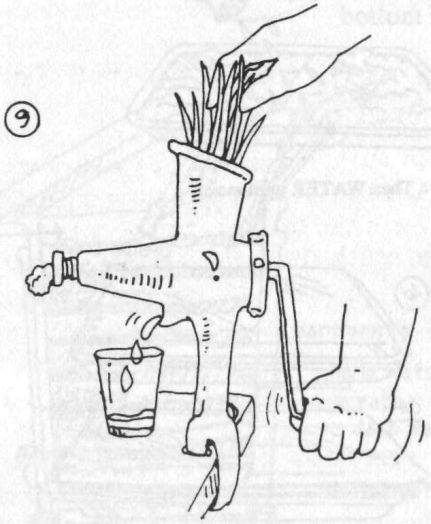

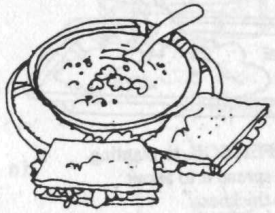

JUICE wheatgrass and/or sunflower greens and use them in your energy soups.

or ADD sunflower and buckwheat "lettuce" to salads, sandwiches, or soups

QUESTION: HOW CAN I RELAX?

Remember that when the artist forgets himself, his pictures are given immortal life and every touch reveals a universe of indescribable beauty.

When the orator forgets himself, he speaks as of one having authority, and you inwardly feel that every word is true.

When the practical person of affairs forgets himself, he is given a power that is irresistible, and the obstacles that are encountered in the way, disappear as if they never had the slightest existence.

When you feel the higher power mysteriously moving within the greater depths of the soul and mind, you know what is taking place; be calm and give the superior self right of way.

At first this power may feel as if it were distinct from yourself; but it is not, it is your own superior power; the coming forth of your limitless power; the very power that you have for soemtime been directing the subconscious to produce; and when you feel that it is your own from deep within, it is then placed in your full conscious possession.

The true function of the will is to act upon the finer states of consciousness; that is, the subconscious states, those states that are felt in the deeper life of the personality; and with such action, to impress upon the subconscious those causes that can produce the desired effects.

The subconscious cannot express itself, or do what it is directed to do unless the outer mentality and personality are in poise.

Whenever an impression is made upon the subconscious, the conscious mind should try and gain the very highest and the very largest conception possible of the idea that is being impressed; and the more clearly the conscious mind discerns the largeness, the worth and the superiority of that idea, the larger, the worthier, and the more superior will be the corresponding expression brought forth from the within.

To think that you wish to do better today than you did yesterday, is to give the subconscious two unrelated ideas upon which to act - the idea of the lesser achievement of the past, and the idea of the greater achievement of the future.

The course to pursue is to forget the lesser achievements of yesterday; think only of the greater achievements that you wish to promote today.

WHAT UNDERSTANDING OURSELVES MEANS

To obtain what we need in our lives, we need to have self-realization; in other words, we need to understand that everything we experience comes from within ourselves. We can open the doors of the subconscious mind, and release a vital, healing energy flow,whenever we surrender to the God self within us. The experience of the God-self within depends on what we choose to desire, believe, think, and act upon.

However, we also need to give our conscious mind every means to gather knowledge through our five senses: seeing, hearing, touching, smelling and tasting. These are physical senses and they need care and discipline in order for the subconscious mind to become more effective. In addition, the subconscious mind has received many false impressions, which have been stored for many years - even life-times - and, therefore, the cleansing of this submerged stratum of consciousness is very important, for these long-embedded patterns manifest as negative thoughts and actions. Once the subconscious has been cleansed of negative conditioning, we will come to the realization that in actuality, it is the God-self implemented by the Creator in each of us. The best way to accomplish our goal is to visualize what we need for our spiritual growth since we are spiritual beings merely encased in a physical "house" or "temple," as a convenience while learning our karmic lessons. When I was going through the Unity School, I was given affirmations every morning to keep in my mind, throughout the day. I worked especially on affirmations to eradicate the fear I had been experiencing. I was highly motivated, during that period in my life, to do everything that needed to be done for my soul growth. I accepted the responsibility to work hard at it, no matter what experiences I had to go through or what suffering I had to endure. I persisted in my efforts. Any task I had, I tried to do it as well as possible. Many years ago I learned how the spiritual law of cause and effect is unfailing through its many manifestations. In the same way,the physical body is unfailing in producing results when it is given the chance for self-healing. This is why, I have spent over 30 years first helping myself and then sharing with others who are ready for growth.

Going back to the idea of affirmations, relaxation of the body and mind, is very important, in order to visualize and thereby manifest what one has affirmed. The best way is to stretch and let the body go. Then repeat to yourself, whatever you desire and need - health, increased productivity, or a more peaceful mind. The first thing when starting your visualization is to make an effort to let go of all negative thoughts and ideas and make room

Each individual must become personally aware of what is causing their sickness, mentally as well as physically. Also we must be aware of the racial, social, cultural and economic barriers on our planet, which have a negative

effect on everyone's mental and thus physical health. The present world conflict cannot be eliminated unless each individual's inner conflict is first resolved. And the source of these conflicts can not be eliminated from each body and mind until we understand nature's laws. There are many reasons for sickness therefore there are many steps that are necessary, if one wishes to have total health.

As the most important first step we must keep our focus on our oneness with all life, and we must remember that our individual, isolated and separated existence is not the truth. We need to change those views which always keep us focused on the racial, intellectual, national, and cultural differences, between all inhabitants of this planet, rather than on our unity. The Creator must have given us these differences in order to enrich our life experience, and to extend the variety of forms in which the divine spirit can creatively express itself.

The conflict comes from selfish thinking. Our primary goals for 1986, should be to eradicate our selfishness and to let go of the many barriers which are preventing us from moving ahead; resolving conflicts which have been with us since childhood.

We need to become caring people full of energy and creativity, and we need to become aware that all of life must work together because we are one. Everything in nature is give and take. That is what we call love and caring. Love is nothing but caring for a person's needs; whether of self or others. In order for a person to grow, the right environment must be provided. Now catastrophies are ever present because people have embraced the unnatural. An artificial, wrong environment was created and it is so far removed from nature's way. Therefore, many need to take drugs, alcohol, etc. and try to get high because they are so far removed from their own state of well being.

We need to look for humble down to earth leaders, yet we also must take responsibility for ourselves and not depend on the leadership of others. We must personally focus on the divine self within and not just on our politicians, in order to solve problems. Only those leaders and politicians should be accepted, who are committed to bringing about the conditions for peace. We must focus on the truth within, and our leaders must realize their oneness with all of life. Only with their good example and with our own inner guidance can we begin to lead moral lives in which we will not cheat and steal, lie or scheme to get something for nothing from others.

It is a well known fact that what we eat has a great influence on our personal, mental and emotional state. Our thoughts and emotions are directly affected by our choice whether or not to follow nature's laws. These are truths which no amount of wishful thinking can bypass.

HOW TO USE VISUALIZATION FOR A MORE PRODUCTIVE LIFE

Visualization is a technique that involves using our conscious mind to create and obtain what we want in our lives. We are all experts at this. We are thinking and talking to ourselves all of the time, even while we sleep. We rarely stop. We are constantly creating our lives by what we think and believe. A key to understanding how this can be true lies in realizing that we're not always - not even usually - aware of what our thoughts and beliefs are, what they are doing, and how much they can do for us to be more creative and productive.

I'd like to give you a working definition now, of the conscious and subconscious mind. These definitions may be quite different than what you've heard, but please try to be open and work with them.

CONSCIOUS MIND: The conscious mind is mentally aware and alert as to what is happening. It is what is known or felt by the individual, on a conscious or perceivable level. It gathers its knowledge through the five basic senses: taste, touch, sound, sight, and smell.

SUBCONSCIOUS MIND: Mental activities that we are not aware of consciously, take place in the subconscious mind. All the things that have happened to us are stored here. All that we believe - true or false - all that we've learned - right or wrong - IF ACCEPTED - is stored here in the subconscious mind as FACTS.

Example: Let's say that we are told as a child that we are lazy and are not a good person, that we are uncoordinated, and that we will never excel in work. Later on in life, when we want to be successful, out of the subconscious mind comes the thought, "You are a poor worker, you will never do well in your life." Thus we don't even try, or if we do, our belief directs our action and we perform poorly. All because of something we were told long ago, that was probably untrue.

When a thought is held in the conscious mind for 33 seconds or more, it becomes embedded in the subconscious mind and will begin immediately affecting our lives. Old and new thought patterns that are stored in our subconscious affect our current life and living situation.

BE CAREFUL WHAT YOU ALLOW YOUR MIND TO DWELL ON!

Here are two more definitions that explain how the mind works:

DEDUCTIVE REASONING: This form of reason starts with given premises and draws the necessary conclusions that must follow, once these premises have been accepted. Any or all of the premises might be false and

consequently the conclusion may be absurd or erroneous, but to discover fallacies is not the job of deductive reasoning. The deductive mind takes what it is given and carries it out. This is the ONLY way the subconscious mind can operate. This is the key to change - since the subconscious mind controls our life and action, and we can control what goes into the subconscious mind, we therefore have complete control over our ourselves.

INDUCTIVE REASONING: The process by which we compare a number of isolated facts in order to find the common factor in all of them, is called inductive reasoning. This form of reason determines and selects the truth of each and every premise in itself. Hence, inductive reasoning implies the power of totally independent action on the part of the thinking individual. HIDDEN AWAY IN EVERY PERSONALITY IS AN ELEMENT WHOSE DISTINGUISHING CHARACTERISTIC IS ITS ABILITY TO SELECT IDEAS AND TO ORIGINATE CAUSES.

There are three scientific principles that help us to understand the technique of visualization with greater clarity:

1. There is only energy.
   All things are made up of energy, which vibrates at different rates. The speed at which energy vibrates determines its quality, from finer to denser. Thoughts are fine, light forms of energy that vibrate quickly and are easy to change. Matter is dense, relative to light and thought, and therefore is slower to change and move. It is important to see here, however, that thoughts are just as real as anything that exists in life. We tend to forget this because thoughts are sometimes easy to ignore, at least temporarily.

2. Form follows thought:
   *"As a man thinketh in his heart, so is he."
   *"As above, so below." (ie first in the mental, then in the physical).
   *"As ye sow, so shall ye reap."
   *"Energy always returns to its source. It's a law of science."

Thoughts, unlike matter, manifest instantaneously. Whenever we create something, we create it first with a thought. "I think I'll plant a garden...buy some shoes, clean my room," etc. IDEAS ARE LIKE BLUEPRINTS. They create images and then guide the energy flow into that form that eventually manifests physically. WHAT WE GIVE ATTENTION TO, WE GET MORE OF...WE ATTRACT WHAT WE THINK OF MOST, BELIEVE IN MOST, EXPECT MOST. Fearful, negative thoughts attract the very situations we are afraid of. This is one of the reasons why holistic approaches to health are so favorable over the more "traditional" approach, which focuses on diseases and symptoms, and what is "wrong" rather than a clear, detailed whole picture of what a healthy person is like. A statistic

from the College of Life Science - 60% of medical doctors die of their own specialty. Why? Because it is constantly on their mind!

3. When the body and mind are in deep relaxation, the brain waves actually change and slow down. This deeper, slower level is called the alpha level. The more common, faster level is called the beta level. Through much research, the alpha level has been found to be an extremely healthful state of consciousness and seems to be far more effective than the beta level in creating changes through the use of visualization. This means that if we learn to relax deeply while visualizing, we will be able to much more effective in changing our lives.

HOW TO VISUALIZE

1. Decide what you want.
It's more important to have a clear, vivid idea of what you want then it is to try to figure out how you will get it. Worrying how limits the way in which it can happen. The process will take care of itself.

2. Relax, with spine straight, arms and legs uncrossed. You may want to start at your toes, and progressively relax your entire body. You may also want to do some deep, three part breathing, as this is very helpful and healing.

3. Using as many of the five senses vividly as possible create in your mind what you want. Visualize what you would like to be like. See your self strong, healthy, and your correct weight. Create and hold in your mind exactly what you want. It can be difficult to constantly have control of our thoughts, at least consciously. Yet our lives and our surroundings reveal our thoughts: learn to control them.

4. While visualizing, make a very positive statement, what's called an affirmation, about your thoughts. This positive statement should always be first person, "I", and present tense. Here are health related affirmations from Shakti Gawain's book: Creative Visualization.

"I am now full of radiant health and energy".
"I love and take responsibility for my body completely."
"I am good to my body and my body is good to me."
"I give thanks for ever increasing health, beauty, and a prosperous life."

FOR PEOPLE WHO TRAVEL AND WHO WANT TO CONTINUE LIVING HEALTHFULLY

Following is a list of the equipment you will need in order to create your own Living Foods Portable Kitchen wherever you are. You can travel healthfully by continuing to nourish yourself with Living Foods. You will find information here concerning what you can prepare in advance and what you will be able to prepare once you are "on the road."

I developed a number of Living Foods Kitchen facilities, starting with my own original Living Foods Kitchen, and including the Living Foods for Demonstration kit. I carry this with me throughout the world on my numerous Living Food demonstration tours, and in this manner, I am able to supply my own needs when I'm away from home.

WHAT YOU NEED FOR A TRAVELING KITCHEN

1 large blender with a large plastic container for rejuvalac
3 sprout bags
1 bowl, spoon, knife
Sunflower seeds and Pine nuts, depending how you long you will travel.
Wheat seed for rejuvalac and cereal
Seaweed; dulse, take or buy
sprouts, greens, parsley or watercress.
Also, bring or buy grain crisps or crackers for soup and sandwiches.

REJUVELAC FOR TRAVEL

When I am getting ready for my tour I sprout the Rejuvelac wheat and take it with me. On arrival I put water in it for my daily drink. Then I repeat this 3 times.

In my travels I drink more than one quart of Rejuvelac for prevention to combat pollution and hazardous environments.

CEREAL

Make a batter after putting sprouted wheat into your blender and adding some Rejuvelac. With this batter you will have the makings of a delicious cereal to which you can add some raisins or dates.

MILK

Make a batter by putting sprouted grain or nuts into your blender along with Rejuvelac. After blending this, strain it into a glass or pitcher and use it for milk. Blend nuts for milk or sauce.

ENERGY SOUP (Check on page 12)

However we still have quite far to go, and it will not be easy. There are big upheavals which have already taken place, and there will be more to come. Yet, I feel certain that survival is possible if we are willing to do our part.

Improving our health is our number one priority. Change your eating habits today, if you haven't done so already. Depend on the divine, Christ self within. It will provide for you, guide and protect you.

Have you written to your lawmakers to give them suggestions about the energy problems? Sun, wind, and water energy should be made available to all. It is the cheapest and safest form of power that we have.

Even the government will soon only be offering high positions to those people who have lived in harmony with Nature's laws. Honesty will become a way of life again. Are you ready? Are you healthy? Are you willing to work hard, and with joy in your heart? Are you now gaining knowledge of the physical, mental and spiritual laws of Nature?

There is a way. Over one hundred years ago, Nicola Tesla discovered how solar energy could be released as free energy, and used for everything. Tesla and all of us were cheated out of the use of this discovery because the big corporations could not see supporting free energy and supported things like nuclear power instead. Now these nuclear power plants are an extreme danger to us.

Be willing to help all others who desire to be helped. During this cleansing period, Nature is dividing those who have followed her laws from those who have not. Every person who has failed to do his or her part will be removed in some way. There will be no room for those who are self-destruction, or addicted to poor health habits, or for those who are greedy and want to live

Help us to first solve the nutrition crisis. Become a nutritional authority on living food, by becoming a student at the Foundation. Plan to stay two weeks. This way you can not only help yourself to health, but you will be equipped to occupy a special position in your community as a lecturer and demonstrater in your local schools, church groups, women's clubs, health food stores, radio and T.V. shows.

Get acquainted with your local school's physical fitness, home economics and nutrition departments. They need to learn that the practical and healthy way to eat, is to choose live, uncooked food. You can also inform them that this way of eating saves time and energy and is very economical.

The key to the process of aging may emerge from our new knowledge of the cell. We know that the DNA molecules in the cell's nucleus make up the genes that contain all the basic information for the development and maintenance of life. We have begun to understand that inside each cell information is transmitted via RNA molecules - with the help of enzymes - to carry out the multitudinous, simultaneous activities constantly taking place in the breakdown and buildup of cellular materials, principally proteins. We are, in brief, deciphering the control mechanisms of life. If we really do come to understand these control mechanisms, then the controls may pass to us. In that case, if the aging process is really controlled by these same mechanisms, then we can control aging. When the obstacles to our understanding have been hurdled, and we have reached our goal, then we will be able to look forward to enjoying our 70s, 80s, and 90s as our best years, with the wisdom of maturity, and the health of youth.

Many scientists now think that aging is genetically programmed. They believe that in the original fertilized egg, it is written into the language of the DNA-RNA that we will deteriorate and die. If we take a non-theological view, nature's only interest in our individual health and welfare is to see that we survive long enough to reproduce ourselves and to raise a new generation that will do likewise. Once the propogation of the species has been assured, nature is ready to have us make room for newcomers. According to these scientists, it is only DNA, the immortal molecule, which renews itself through the continuing generations. They do not yet realize with the proper care, and under optimal conditions, the cells of the human body renew themselves yearly.

Alexis Carrel, the Nobel prize-winning scientist, believed that cells grown in laboratory tissue cultures were essentially immortal. As long as they were given adequate nutrients, and there was provision for the removal of cellular waste, they would go on dividing forever. This was accepted scientific dogma until the late 1950s when Leonard Hayflick of Stanford University discovered that normal cells have a finite capacity to divide. He found that a given normal cell strain, taken from an embryo, might divide 50 times, for example, and then it would stop. The older the individual from which the cells were taken, the fewer times they divided. As the research advances, there is mounting evidence that a limited lifespan is programmed into human genes. If an embryonic cell strain divides, say 20 times, and then is put into the deep freeze for months, or even years, it 'remembers' where it left off. After thawing it divides another 30 times, but no more.

Progeria is a fortunately rare disease, which causes accelerated aging. Cells taken from the victims of progeria are found to divide only a few times. A child afflicted with progeria runs through is entire lifespan at a strangely ac-

celerated pace. He may begin to show signs of rapid aging by the time he is a year or two old. He may be an old man by the age of seven or eight, shuffling along, bald-headed, rheumy-eyed, and with heart trouble, and then die at the age of eleven or twelve from cell starvation.

In the course of hundreds of gerentological experiments, measurements have been made of the specific changes in cellular function that takes place with age. Many enzymes in animal tissue grow less active with age. Others such as LDH (lactic dehydrogenase), increase their activity. Mature DNA has a more tightly folded structure than younger DNA. The RNA content of chromatin increases with age. The liver, lung, and prostate cells of old rats cannot synthesize RNA as well as when younger. There are fewer kinds of RNA present as cells age, but some entirely new types appear. Protein manufacturing varies considerably, as does the ratio of DNA to RNA. Antibody production is lower, but the auto-immune response is higher. There are myriads of such changes, few of them well understood, but just about all of them governed by genes.

Can anything be done about reversing or interfering with the genetic information? Though very little can be done at this time, it is clear from the results of the research now being done, someday soon we should be able to do a great deal more. If the critical changes are in the RNA molecules or enzymes of the cytoplasm rather than in the nuclear DNA itself, the task will be more manageable because the cytoplasm is more accessible than the DNA. At the University of Buffalo, J.F. Danielli and A. Mugleton took a species of amoeba that is essentially immortal and by transferring cytoplasmic material from a mortal species, conferred upon it the gift of old age and death. There is no reason why refinements of this technique could not accomplish the opposite results.

We are seeing therefore, there is much scientif evidence that the health and functional integrity of the cell is the most important factor in preventing the degenerative changes in premature aging. Easy-to-digest nourishment in balanced form, and blended for ease of assimilation, will nourish the cells to such an extent, they will never break down.

The scientists have found that tinkering with the DNA presents greater difficulties, but they are not insurmountable. One experiment has provided evidence that the decline of RNA manufacture (a process directed by DNA) in the liver of an aging rat could be reversed by the addition of fresh DNA from a young rat. Even more interesting are a couple of recent attempts to remedy human genetic defects.

In a case described as the first attempt at "genetic engineering", two young German girls suffering from a genetic disease were started on a radical

course of treatment. Because their ailment is characterized by low blood levels of the enzyme , arginase, their doctors in Cologne gave them injections of a virus that is known to produce very high blood levels of arginase. No one yet knows if the treatment will work.

In 1971, an experiment at the National Institute of Health, scientists took skin cells from a patient with galactosemia, a sometimes fatal genetic condition that prevents the body from metabolizing milk. They used a virus called lambda phage which possesses the missing milk-processing enzyme, and were able to transfer this genetic information via the virus to the skin cells so that they cold begin to do the job themselves. They succeeded in artifiially imparting the information necessary to correct the inborn genetic error. This is exactly the kind of subtle genetic tampering that can have an effect on the aging process.

Fortunately, given the many thousands of genetic changes going on simultaneously at every step of aging, we now know that some substances serve as regulators of whole clusters of activities. In a human disease, such as progeria, the speeding up of the genetic program might be due to the absence of one or a few regulator substances that control the clock of aging. Some gerentologists believe that such clock-controlling pacemaker chemicals do exist and that they might be depleted or damaged as time goes by, or perhaps programmed to disappear at a certain time.

W. Donner Denckla, a research scientist at the Roche Institute of Molecular Biology in Nutley, New Jersey, is one of those dedicated few seeking a hormonal explanation for the problem of aging. He believes that the clock of aging resides in the brain, and especially in those cells that govern the release of certain hormones. Dr. Denckla is looking for a still undiscovered "death hormone," or family of hormones whose nature he has theoretically calculated. Released at certain critical times of life, the death hormones may progressively inhibit cells from utilizing other hormones, most likely the thyroid hormone. The reason for this suspicion is that hypothyroidism - deficient thyroid activity - closely mimics aging. Its symptoms are reversible through adminstration of thyroid extracts, but only if the patient is young enough. After a certain age, people do not seem to take up thyroid hormone, even if it is present in the bloodstream.

Yet, for all the research conducted by the biologists and medical scientists, because they do not consider returning to Nature as the basic approach to optimal health and longevity, they have little knowledge or experience about what the body can accomplish. It would be very simple for them to conduct experiments proving that the living food lifestyle holds the most promise for achieving an extended lifespan.

Dr. Wallace Burnstein, M.D.
December 20, 1986

This is Dr. Wally Burnstein. I have been a student and guest of Ann Wigmore for the past two weeks. When I came to the Foundation, I was extremely fatigued, overworked, and undernourished. I maintain a large, traditional, private practice in New Jersey, and I'm very active in community affairs. When my state of health decays, my motivational level decreases, and my life seems to go out of balance. Lately I had been experiencing muscular aches and pains and my level of mental clarity had dropped. My legs ached and I could not stand for any period of time without discomfort.

As I mentioned, I have been here on the Living Foods Lifestyle program for two weeks. All of my symptoms are gone! My energy is back to normal and I have been sleeping excellently. I have been able to do low impact aerobics almost every day this week with no pain at all. I have lost between 10 to 15 pounds of weight and I feel wonderful. My head is clear and I am much more centered. This place is truly a sanctuary.
The staff here is very helpful, loving and professional. The emphasis is on diet and exercise. Each day we ate delicious meals prepared without cooking. Self-help and self-sufficiency is the focus of Dr. Ann's program. The Foundation staff is dedicated to seeing that the needs of the students are met. It's a wonderful place....one of the most wonderful places, I've been. I am very grateful to the staff and to Dr. Ann for everything she has worked so hard to achieve. Her entire life has been devoted to helping people help themselves, and to the healing of humanity. I am grateful and will be forever grateful. I will do anything in my power to help these people get the word out about the Living Foods program and its importance in maintaining mental and physical health.

Dearest Ann,

Just to let you know, a new revolution on AIDS has begun in Houston, Texas, and for the most part it is due to Living Foods. Thank you! I had been very unhealthy, both spiritually and physically, for the last several years, (I am 32 years old), and was recently diagnosed with the AIDS virus It is now December 11, 1986, and I look, feel and act better with more consistent energy than when I was 18 years old! I am on the go from 6:00 a.m. to 12:00 midnight. Due to a controlled, and balanced Living Food lifestyle, I now have a physical, mental, and emotional health....I feel incredible! I am planning a visit to the doctor before Christmas.....I believe that God has shown me the results already....I feel that they will not even find the AIDS virus in my blood anymore.

Robert Turner

P.S. I have kept daily records of how I've progressed and became well through the Living Foods Lifestyle, and all the other changes that had to come about to make this healing really unique; however, I believe that anyone desiring the right balance, with the adjunct of willingness, can be completely healed of AIDS.

The most important way you can help is to realize that we can work together. Write to me and let me know of your needs and interests.

> **Education and Teacher Training** - If you are interested in coming here to learn how to apply and teach the information I have made available, please let me know. I envision a World free of all sickness and disease; a World in which Peace and Harmony reign over the Earth. I ask you to share in this vision by helping me to further educate those who want to learn how to work with Nature.

Participants will be taught daily; body awareness, breathing, exercise, colon health and easy-to-digest nourishment. I will teach methods of planting, growing, harvesting and preparation of living foods. I have found the most effective ways of nourishing the cells is the juicing of wheatgrass, sprouting, fermenting and blending of the living foods.

THE STAFF

Ann Wigmore's staff are long term residents of the Foundation and are professionally trained in the Living Foods Lifestyle. Ann Wigmore, herself, teaches classes and lectures every day when she is not abroad for lecture and research purposes.

LIVING FOODS LIFESTYLE TRAINING

One and two week learning-by-doing program enables interested individuals to gain an in-depth practical knowledge of the planting, growing, and preparation of Easy-to-Digest, life giving nourishment. You will learn how to integrate this knowledge in your home and community with our Living Foods Association networking organizations.

INTERNAL CLEANSING
FOOD DEHYDRATION AND FERMENTATION
STRENGTHENING THE IMMUNE SYSTEM
LONGEVITY
BEAUTY CARE
NEW AGE CHILDREN
PET CARE
PLANT CARE
NEW AGE ECONOMY
INDOOR GARDENING
SPROUTING
GROWING GRASSES AND GREENS
COMPOSTING AND SOIL MANAGEMENT
EASY TO DIGEST NOURISHMENT
FOOD COMBINING
MENTAL NOURISHMENT

The Foundation also offers a one day Living Foods Intensive, twice a month on Saturdays from 9:00 am. to 6:00 pm. Cost - $50.00
Open House: Friends of the Foundation are invited for dinner every Saturday between 4 pm. and 6 pm. A donation is requested.

NATURAMA

Is my burning desire to share with all of you what I call "The Attunitive Way." Nature will never fail us if we know how to work with it. It is my wish to make available to all the following information:

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Complete description of seeds: Sunflower, Sesame, Alfalfa, Buckwheat, Wheat, Legumes, Mung Beans.
Home Harvesting is explained as is how and where to obtain seeds. Nutritional content of each is shared. Complete Meal Salad
Rejuvenation, Healing & Prevention of degenerative diseases can be found in Wheatgrass. Juice from the grass is Wheatgrass.
Learn about this Bloodbuilder. 37 ways to use it.
ANN WIGMORE'S INDOOR GARDENS & HOW TO SET UP A LIVING FOODS KITCHEN
Equipment needed and how to purchase it, a Traveling Healthfully Kitchen!
Input is given on subjects of: What the Body is Like, Mental & Physical Health Problems
What your body is worth, Unpolluted Cells, Wheatgrass Implants & Exercise.
How to Begin to Change Your Life • Let Your *Food* Be Your Medicine • Doctors' opinions
How uncooked Nourishment will correct an Immune System. Starches & Sugar our Villains!
Edible Weeds, drawings of and their nutritional value. Food for the 21st Century,Hunger,
Youth, Living Dangerously with Toxic wastes and dyes in our food. *Food Irradiation is defined. Protect your right to know!*
Plan to help American Youth.
Nourishing Pets for Health
Thoughts to Hold

Also included in the above "Basic Starter Kit" are 10 pages of New Recipes taken from the revised edition of my book: "Recipes for a Longer Life," not yet released.

You will need a large 3 ring notebook binder to assemble your Textbook. Upon receiving it, you will find in the back Mult-colored dividers outlining the following sections of Naturama.

** Questions & Answers * Articles * Health Hazards*
** Diseases Defined (individually) * Testimonials & Letters * More Recipes*
** Educational Material * Documented Research Data * Spirituality*

Each divider will include a complete Table of Contents. All participants will be updated as inserts and further information is added. The above categories may be selected based on individual need or interest. You also will become a member of the Foundation.

In addition to Naturama, I am also making available to you, 10 questions on cassette tape. Write your questions on a separate piece of paper and I will mail your answers on a cassette tape. Cost of this is $1.00 per question.

You will be notified when the other three parts of Naturama are ready. Please inclose $25.00 for Naturama and membership and $2.00 for postage.

LIST OF BOOKS AND TAPES FROM ANN WIGMORE FOUNDATION

By Dr. Ann Wigmore

	PRICE
Recipes for Life	$8.95
Why Suffer? (Autobiography)	5.95
Be Your Own Doctor	3.95
Spiritual Diet	1.50
Reducing Healthfully	1.50
New Age Child Care	2.00

Ann Wigmore foundation
P.O. Box 399
San Fidel NM 87049
505-552-0595

NEW BOOKS

Wheatgrass Book	6.95
Sprouting for Survival	
Why Get Old	4.50
The Healing Power Within	4.50
How To Overcome Aids	2.00

Booklets

Relax and Survive	1.00
Living Food for Survival	1.00
Beauty Care	1.00
Be Your Own Pet Doctor	1.00
Healthy Children Nature's Way	1.00
Healing the Mind Through Food	1.00
Overcoming Addictions with Living Foods	1.00

BOOKLET SPECIAL - All above booklets 5.00

NOW AVAILABLE:

Ten Written Questions to Be Answered on Tape	15.00
Mendelsohn/Wigmore Television Interview	35.00
Ann Wigmore's Live Food Demonstration	45.00

You can bring Ann Wigmore into your own home and learn the living food as she demonstrates hands on:

* How to grow sprouts, greens and grasses
* How to prepare "Energy Soup" Seed and Nut loaves

Creams, sauces, dips and 'milks' using sprouted seed and nuts
Ann talks about her personal discoveries and experiences she has had in her over thirty years experience of teaching, lecturing, traveling, discovering and perfecting, the methods used in her living food lifestyle.

To cover postage and packaging costs, include $1.00 for the first paperback and $.25 for each additional. Foreign orders: Add 10% of the net payment to above charges. Ann Wigmore, 196 Commonwealth Ave., Boston, MA 02116.

If you cannot come for the two week learn by doing Living Food Lifestyle program, you can still avail yourself of this tape, and acquire the following skills on your own:

How to grow sprouts, greens, grasses and wheatgrass.

How to prepare "Energy Soup" that is filled with *life giving nourishment.*

I demonstrate how to make complete, satisfying and delicious recipes such as;

Seed and Nut loaves - which are protein filled.

Creams, sauces, dips and 'milks' using sprouted seeds and nuts.

This video is 1 hour and 39 minutes in length and was taped live at Summit University in Malibu, California, with famed Elizabeth Claire Phrophet as the hostess.

You will also learn;

How to set up a living food kitchen.

What you need - the necessities for ultimate easy-to-digest nourishment.

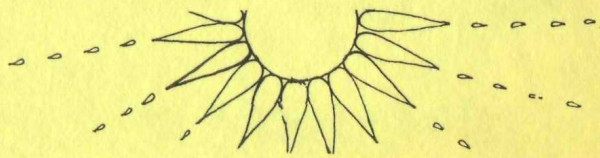
Food dehydration for delicious snacks, dried fruits and grain crisps.

Fermentation is explained and demonstrated.

I'll tell you about my personal discoveries and experiences that I had in over thirty years of experience of teaching, lecturing, traveling, discovery and perfecting methods used in the living food lifestyle.

Most important is the fundamental teaching that the body can overcome only weakness when it has eliminated stores poisons and is given living food nourishment in easy-to-digest form.

This video can be purchased for $45.00 - including postage.



Let me share my vision with you;
I see a world without sickness, sorrow or mental disturbances, in which we are living in perfect balance and abundant health and harmony.

....A new set of values will guide us into a new economy to provide for the needy instead of supplying selfish wants and provoking attack.

Disarmament supports and activates PEACE all over the World. Let us join together, trusting in Nature, with our Creator as our guiding strength.